


# SEX SCIENCE

DR. JOSEPH H. GREER

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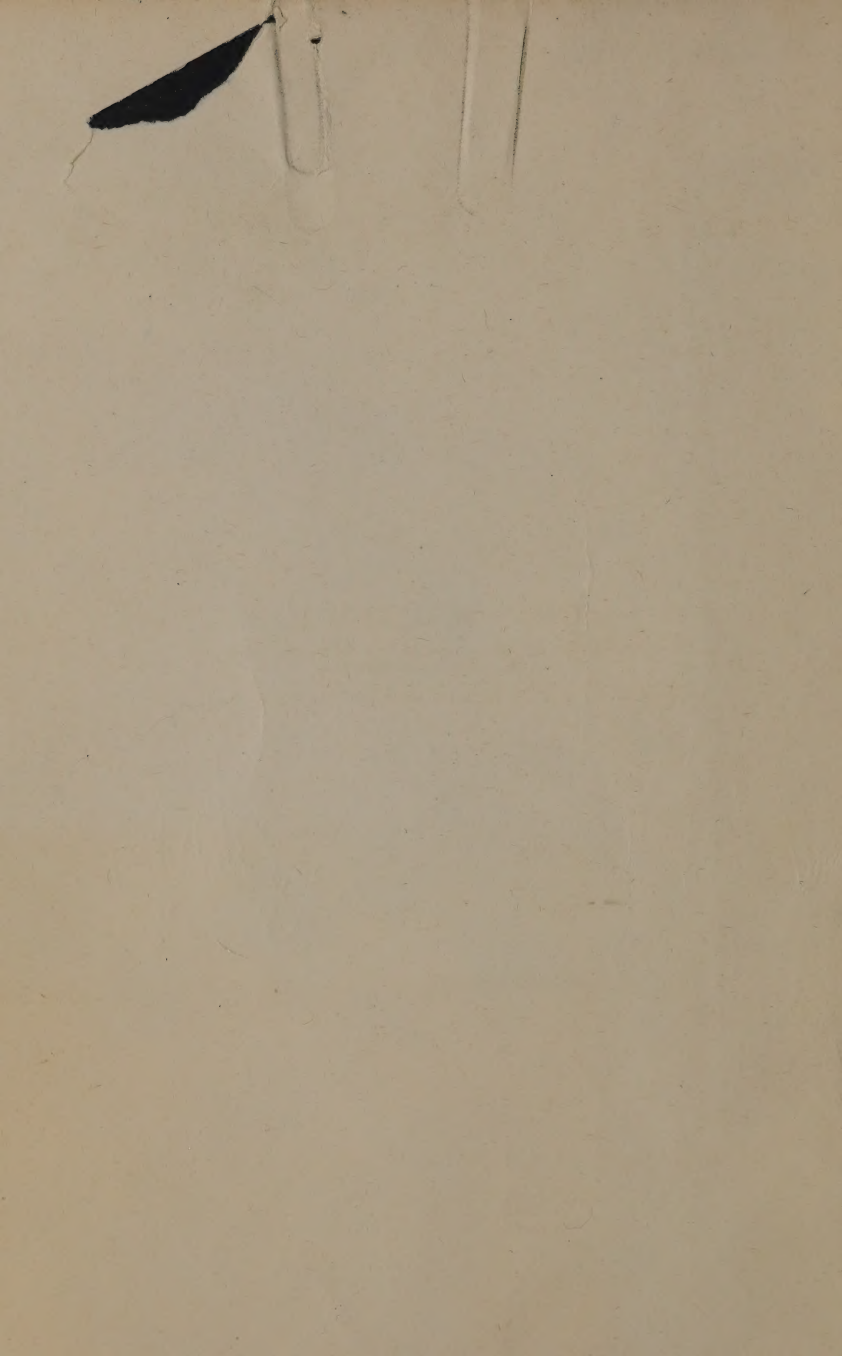
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# SEX SCIENCE

BY

JOSEPH H. GREER, M. D.

Professor of Genito-Urinary Diseases, College of Medicine  
and Surgery, Chicago, Ills.

Author of "A Physician in the House;" "The Social Evil," etc.

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By

DR. J. H. GREER

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## PREFACE.

That a knowledge of sexual life and instinct forms the most important part of the higher education of the entire civilized race, is no longer denied. Indeed, the subject is claiming the attention of thinking people more and more, thus keeping pace with the progressive changes along other lines which form so prominent a characteristic of the Twentieth Century, and mark the intellectual growth and development of the present generation.

This work is a message from a physician to the people upon a subject which vitally concerns the life of man and society. Its purpose is to place the matter before parents and teachers in such a light that they will see the importance of an education for those under their guidance which will lead to purity of mind and thought, and such a knowledge of sexual physiology and instinct as will be a safeguard to them against contamination and evil habits. If the following pages will, in the slightest degree, aid a movement in this direction, the author's purpose will have been accomplished. If he has overdrawn the conditions as they appear at the present day, and seems somewhat pessimistic regarding his views of the newspapers, ball-room, drama, music and art, it is with the hope of emphasizing the situation, not with a desire to depreciate.

This education must be properly conducted, and the instruction and teachers should be of the best, or more harm than good may be accomplished.





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## INTRODUCTION.

It has been said, and truly, that self-preservation is the first law of life, yet closely allied to it is the sexual or procreative instinct. These two influences combine to form the dominating power of all human endeavor, the power that exerts a tremendous influence in the up-building of our civilization if properly conserved or which leads to the most disastrous and degrading consequences if uncontrolled.

The instinct of self-preservation controls our material desires and incites close application to business, desire for progress and conformity to moral restraints and laws for our welfare.

The sexual instinct is the attractive force between two individuals whose generative organs differ anatomically and physiologically. It perpetuates the race and satisfies the procreative instinct of manhood and womanhood.

Sexual love is the source of most that is pure and noble in us. It is the foundation of happy homes and a well balanced life. It inspires us to achievements in music, poetry, sculpture, painting, and all the attributes of art. It is the leading element of admiration, love of freedom and desire of association with the opposite sex. It brings out all that is noblest and best within us and

leads us to higher ideals, greater achievements and purer motives. Without it, virtue would flee, our mental powers would deteriorate, the race would become extinct, and the victim would be robbed of that self-command which characterizes all truly great minds,—for “He who ruleth himself is greater than he that taketh a city.”

Thus it is easy to see how the sexual instinct, if properly controlled, will bring out all that is purest and best in man or woman, but with its vitiation how terrible are the consequences mentally, physically, morally and in every way it is possible to conceive. It is the canker which eats its way into and destroys happy homes, leads to immorality, crime, sensuality, insanity and depravity, all of which are traceable to hereditary influence.

In every normal individual this sex instinct is inherent. How important, then, is the comprehension of the consequences resulting from a perverse use of the generative functions. Commencing at puberty, this instinct exerts a greater influence than all others. This is the time of life when the boy or girl desires to develop into a physically beautiful man or woman; the time of exalted ideals and dreams of future greatness, and is, perhaps, the most impressionable time of life. Influences felt at this time either for good or evil, form a lasting impression upon the mind and tend to make or mar his or her future.

The dangers of innocence and ignorance regarding sexual matters cannot be too strongly emphasized. These two evils go hand in hand and lead to habits which become “The Old Man of the Sea” to thousands of men

and women. The foundation is laid when parents start their children to school. They are sent there for mental training and intellectual development. They go out from homes of refinement and culture ignorant of their own bodies, of the evil consequences which arise from impure thoughts and acts. Here they are exposed to the most vitiating influences and improper language without a word of guidance from the parent, but are sent out to battle with the world as best they may. The air of mystery which surrounds everything pertaining to the sexual instinct at their homes gives zest to their appetite and thirst for knowledge, and they find themselves in the power of habits beyond their control. How much more truly refined and intellectual would these same parents demonstrate themselves to be, if they instructed their own children in the first principles of error and self-government and guided their feet away from the many pitfalls which they are sure to encounter, instead of allowing other children to instruct them. It is considered indelicate and immodest to speak of these things and so the child is left to find out for himself and form his own conclusions.

Too much cannot be said of the crying need of education and intelligent thought in regard to sexual conduct. A far-reaching, co-operative movement along these lines would do more for the benefit of mankind and posterity than all of the so-called religious organizations now in existence. The time and money spent in divine worship and erecting costly edifices, properly applied, would solve the problem which now confronts us, and help to



eliminate the dens of iniquity which are the bane of our otherwise civilized commonwealth. For it is pleasant to contemplate that the majority of men will choose the right way if they fully realize the importance of the subject. The benefit to the present generation would be enormous in itself, but who can estimate the effect for good upon future generations? No one. Not even physicians who, in the practice of their profession, have the greatest opportunity for seeing these things can possibly estimate the result of a criminal and degrading ignorance among men and women otherwise well informed, in regard to the gravity and importance of the sexual act and the perversion of the sexual instinct.

From an educational standpoint, then, this is by far of greatest importance. A broad statement, I hear someone say, but true, nevertheless, for does not indiscretion affect both mind and body? Without a healthy body and a well-balanced mind of what use would educational institutions be? For in just the proportion that our minds and bodies are able to avail themselves of these educational privileges, in that same proportion are they of value to us.

The vitiating influence of perverted and uncontrolled sexual acts is indelibly stamped upon the mind, and often a distaste for the pure sexual relation is produced, either by perverting the mind or by impotency brought on by excesses of masturbation and venery.

Prophylactic treatment, in the light of modern medical science, is considered of far more importance than the cure of the disease when once established. If treatment is effectual in eradicating disease of the body, how much

more so would the proper precautions be in preventing these impressions from being ineradicably stamped upon the brain of the youthful mind which is so retentive. Deviations from what is proper in the sexual relations can no more be entirely controlled than can drunkenness or other crimes, yet many can be influenced for good if they are educated along these lines.

Love is the ruling influence of all the affairs of life. Everything bends under its influence; all things are dominated by it, and in its purity there can be no nobler sentiment. Volumes might be written upon this subject which is old, yet ever new, and will be so to the end of time. Purity of thought and mind is just as truly the crown of all real manliness as it is of womanliness, and in men, wields a greater influence than in woman, as his opportunities for mingling with the world are greater, and then, too, society expects and demands it of woman. While from a moral standpoint it is no greater sin for a woman to transgress than it is for a man, yet the effect upon the offspring and her own reputation is greater.

In addition to the degradation of mind which results from promiscuous sexual indulgence, comes the dangers of inoculation with disease which nearly always, we might say, follows. The awful consequences of the venereal evil can neither be estimated nor described. Think of the suffering such men inflict upon their innocent wives and children. He is not only a curse to himself but to all with whom he associates. He has sunken far below the beasts of the field, for they, knowing no wrong experience no shame and are immune from venereal disease,

so it is not fair to even the brute creation to say that the lustful and voluptuous man makes a beast of himself. Ignorance of that part of man's nature which belongs to the sexual domain indicates a lack of education, the same as illiteracy. The man who is educated in regard to these things exercises self-control, interest in the welfare of others, love for humanity and chivalry to woman. His mental and physical nature is brimming over with life, ambition and manly vigor. The purity of his mind glows in his face and is a veritable well-spring of happiness to himself and a benediction to all who are so fortunate as to come under its influence. Such men alone should be the husbands and fathers, the propagators of the human race and the leaders in all affairs of city and state. They do not dishonor woman by purchasing her virtue, but place her where she rightfully belongs, occupying the throne of Nature, queen of his home and ruler of his heart.

This is the ideal state, and its possibilities lie within our grasp. It is a matter of mental development, for the measure of a man's strength is just what he thinks it is.



## CHAPTER I.

### PHYSIOLOGY OF SEX LIFE.

Humanity is divided, in relation to physiological laws, into seven stages:

1. Fetal life, from conception to birth;
2. Infancy, from birth to the time of appearance of the first teeth;
3. Childhood, from the first to the second dentition;
4. Boyhood or girlhood, from second dentition to puberty;
5. Adolescence, from puberty to maturity;
6. Manhood or womanhood, from maturity to old age;
7. Senility, lasting until death.

It is very important that we all have a clear understanding in regard to these various stages in order to live aright. The two most important are adolescence and maturity, or the periods characterized by an active sexual life.

*Puberty.* Sexual instinct, the second law of life, is inherent in every normal individual, and is especially marked during the procreative period. It is the foundation of all desire and association. Puberty is by far the

most important period of life as far as development of the mental and moral life of the individual is concerned. The age at which it takes place is controlled by various influences, such as heredity, climate, the general state of health, etc.

Heredity exerts considerable influence. For instance, we will find in some families puberty is reached universally very young, and in other families it is extremely tardy in its approach.

Climate is also quite an important factor. In the torrid zone we will find often times this period is reached as early as the eighth year, and in the frigid zone as late as the twentieth year. In the temperate zones these extremes are seldom met with, the usual time being about the fourteenth year in girls and the sixteenth or seventeenth year in boys.

The general state of health, it may truly be said, exerts the most powerful influence of all. If a child is suffering from any wasting disease, the period is apt to be delayed, and the dangers of over-exertion at this time, either mentally or physically, cannot be too strongly emphasized. Indeed, many years of suffering are traceable to indiscretions and over-exertion at this time.

Up to the age of puberty, the sexual instinct may be said to be neutral. Boys and girls play innocently together, unconscious of the dominating force that is slumbering within. As puberty approaches, the boy assumes a more masterful attitude, his voice becomes heavier and gradually assumes a lower tone, his desires become stronger, his actions more gallant and his thoughts more

sensual than formerly. The girl becomes more timid and shy than she has hitherto been; her form rapidly develops into womanly outlines. The changes in both sexes are not only physical but mental and the girl or boy is truly on the threshold of real life, with all its passions, desires, hopes, loves and ambitions. Hereafter, their paths diverge, a natural barrier rises between them, and each nature gradually assumes the characteristics peculiar to its sex. This is truly the most impressionable time of life, the time when heredity counts for or against the individual, the time when physical and mental changes are the greatest. It is also a very critical period, as it is the time when good or bad tendencies assert themselves. It is an especially critical time for the female sex, as greater changes take place in her and the disturbances are more marked. Insanity not infrequently results from shocks to the nervous system sustained at this time, also numerous other forms of nervous derangement.

Woman plays a more important part in the mental, moral and physical well-being of the child than does man. From conception to delivery, the child is partaking of her very being, and she is contributing bone, muscle and sinew toward the maintenance and growth of the child. Disease also has a greater influence upon her sexual organs, and the thirty years of her procreative period are dominated by the functions of the uterine organs.

The changes which take place in the male at puberty, while less clearly marked than in the female, are nevertheless, of vital importance to his entire well-being. Before puberty he has no sexual desires, the generative

organs are small and undeveloped and his actions are, in the main, like that of the girl. But at puberty the voice assumes a deeper tone, due to the lengthening of the vocal cords and other changes in the larynx. During the process of change there is a period during which there is an occasional "break" in the voice, or a mixture of a treble and bass note. This is due to the change having been only partially completed, but as it progresses the voice becomes more smooth and musical in tone until a deep bass is reached in some instances.

The sebaceous glands become more active and "pimples" make their appearance on face and neck; also a coarser hair takes the place of the fine soft hair heretofore found on various parts of the body, especially marked upon the face by the appearance of the beard.

The greatest change, however, manifests itself in the sexual desire, which at this time assumes control of his entire nature, becoming paramount to all else.

These changes come about slowly, and it usually takes about ten years before a man can be said to be sexually mature, generally culminating about the twenty-fifth year.

In the female the change takes place several years earlier than in the male, the changes in the bodily structure are more complex and more rapid. The hips become broader; the generative organs undergo a complete physiological change, the breasts become more prominent and in some cases secrete milk, and the entire form becomes more feminine in outline. But the most important feature of this change is the occurrence of the menses, which indicates that she is capable of bearing children. The



reproductive period in woman lasts about thirty years, usually beginning about the fourteenth year and lasting until about the forty-fourth or forty-fifth year. The natural menstrual period occurs every twenty-eight days and continues about four days, though this varies in different individuals. An exceedingly interesting event taking place at this time, is the process called "ovulation." In the ovary are numerous Graafian follicles in various stages of development, one or more of which ripen every twenty-eight days, passing down the Fallopian tubes into the womb. These little bodies are the human egg or ovum, and if one of these are fertilized by the male spermatozoa it develops into a fetus, otherwise it passes off with the menstrual flow. It is not known definitely whether ovulation takes place before or after menstruation, though impregnation is more liable to occur after the period, or it may occur at any time during the reproducing period, and during this time Nature is constantly striving to reproduce. The influence of the sexual organs, therefore, on both sexes, can best be appreciated by comparison, the eunuch with the uncastrated man,—the gelding with the stallion. The removal of either the ovaries of the female or testicles of the male, produces the peculiarities of the opposite sex, making a woman masculine and a man feminine, neither one caring for the society of the opposite sex.

*Care of the Child at Puberty.* Too great stress cannot be laid upon the importance of caring for the child at this extremely impressionable time. It is the most important time of life in regard to mental impressions and the

moulding of character is concerned. This also, is the time when hereditary tendencies count for or against the child. Lifelong habits are formed, thus showing the importance of forming them aright at this time, prophylactic treatment being in this, as well as other conditions, by far the simpler method, that is, it is much easier to prevent bad habits from being formed than it is to cure them after having become established. The child at this time is controlled almost entirely by impulse, not having learned self-control in any degree. How important therefore, it is, that his environments should be uplifting and that his habits should be carefully directed away from the sensual vices and the influence of evil companions that constantly beset him. Too often schoolmates are the only instructors which many children have, their parents leaving this important duty unperformed and allowing their minds to become inculcated with evil teachings before implanting the good, thus shirking the most important responsibility of parentage. The physical disturbances at this time are so closely allied to the mental, and exert such a profound influence upon the brain, that insanity is a not infrequent outcome of indiscretions at this time.

While the natural tendencies toward sexual excitement are great during this period, it must not be overlooked that it may in no small measure be due to some local irritant, such as a too tight or too loose foreskin or an adherent clitoris. There are various other causes that might contribute toward this condition, such as hemorrhoids, worms in the rectum, etc. The circumcision of boys will often effect a cure in these cases, and a careful

examination should be made in all cases so as to remove the cause if it is a mechanical one; likewise to break up the adhesions of the clitoris will often afford the greatest relief to girls. It is, therefore, of the utmost importance that the child is given a thorough education in self-control and instructed in regard to the irreparable dangers arising from a violation of the important laws of Nature.

The same laws which control reproduction in mankind, also exist in animal and vegetable life. The pride of the male bird in his beautiful plumage and melodious voice, the cock's comb, the horns of the stag and the lion's mane, are all manifestations of his sexual instinct, causing a fondness for appearing well in the eyes of his mate. In vegetable life, fertilization is as necessary for reproduction as it is in man, the two sexes being just as essential to the propagation of plant life. It is, however, disseminated in a different manner. In some varieties the pollen, or male element is carried to the female by the wind for fertilization. These are called "windbearing" plants, and are quite numerous in vegetable life.

*The Marriageable Age.* Girls are said to have attained development at the age of eighteen years, and boys at the age of twenty-one, though marriage should not be entertained before the twenty-second and twenty-fifth years, respectively, as complete maturity is not reached before that time, and if a woman enter the married state before complete physical development has been attained, she is unfit for motherhood; neither are her mental powers sufficiently developed to permit her to assume the responsibilities of motherhood. Not only this, but abortions are

liable to occur should impregnation take place before full development. Reproductive powers consist not only in being able to produce children, but in nourishing them after they are delivered therefore the lacteal glands should be fully developed.

*Change of Life.* This change, also called the "menopause" or "climacteric," normally occurs at the end of the thirtieth year of procreative life, which is about the forty-fourth year, varying according to the time at which the first menstruation appeared, state of health, and various other influences. If a girl menstruate at twelve years of age, then the change of life should normally occur at the forty-second year, or if she should not menstruate until the sixteenth year, the menopause would naturally be delayed until the age of forty-six, thus making the child-bearing period thirty years. This change is commonly applied to women alone, but as a matter of fact, men pass through a change also, being less marked physiologically than in the female sex. The menopause is the period which determines the state of health for the balance of life; that is, if this time is safely passed, the individual will enjoy better health than before, or it may be the beginning of suffering for the rest of their lives. But even at the best, they are on the down-hill of life, the sexual organs become smaller, and the tissues all over the body lose their elasticity and recuperative powers. The peculiar features which result in sterility after the change are the cessation of ovulation in the female and the absence of spermatozoa in the semen of the male.

Thus it is that years rob the individual of physical



growth and development and the power of reproduction, yet the mental attributes may be developed to a wonderful degree after this change has taken place, and often a keener interest in intellectual pursuits is enjoyed than ever before.

## CHAPTER II.

### CONSEQUENCES OF IMPURITY.

No one likes to be called, or even thought, selfish, yet it is true that this blemish finds an abiding place in the make-up of the majority of the human race and casts a blight wherever found. It is the commonest of vices and the rarest of virtues, so common in fact that only animals, it has been said, are capable of loving a human being better than themselves.

Self-preservation, we have said, is the first law of life, but it is the outgrowth of self-love, for it is the love of self that makes this law the greatest force in human lives, and when properly exercised it is commendable, inasmuch as it leads to a desire for self-advancement, progress and ambitions which we would not otherwise have. So in the true sense of the word, self-love is not selfishness, but may develop into selfishness if unrestrained, or when we sacrifice the happiness of others for self-aggrandizement, either through carelessness or wilfully. It creeps stealthily in unbidden, and, before we are aware of its presence, habits of selfishness are fastened upon us for life and can only be overcome by a superhuman effort, if at all. They cast a blight upon an otherwise beautiful character and

become a curse to all posterity. How can we call a man unselfish who gratifies his passions at the expense of his health, especially when the health of others depends largely upon his own. Who, when he knows full well the effects of his errors upon his own wife and children, will still continue to pursue his pleasures and indulge in promiscuous intercourse until he contracts some filthy disease and transmits it to his family? What a heritage is this he has handed down to his little ones, who, but for him, would never have been brought into the world—all for a few moments of pleasure! And yet, if he were to be told he was selfish, he would be highly indignant.

Venereal diseases are much more disastrous to the health of woman than of man, and are often the beginning of lifelong invalidism and suffering. The generative organs of the female are extremely sensitive, and when inoculated with some filthy virus, a multitude of disastrous conditions may arise. The womb is dependent for its support upon ligaments, and if they become diseased they are either destroyed entirely or stretched so that the womb is deprived of its support and falls out of position, either backward (retroversion), forward (anteversion) or downward (prolapsus), all of which give rise to numerous other distressing conditions.

In view of the prevalence of the venereal diseases, it is astonishing that so many people hold themselves in ignorance regarding them, and this ignorance is often found among otherwise intelligent men; men who hold high rank in business circles and who attend to every detail of business with the greatest care and precision, yet on these

matters of vital importance to themselves and their families, they are either woefully ignorant or careless of consequences. Even though they may provide for their families lavishly, they are at heart absolutely and thoroughly selfish, preferring to inflict upon their wives and children lifelong suffering rather than to deprive themselves of a few moments' sexual gratification. The great danger of selfishness lies in its insidiousness, stealing upon one unawares, and when once deeply seated it cannot be overcome without a struggle. The question may be sifted right down to an economic principle—can you afford to pay the price? Ask yourself the same question you would ask if you were going to purchase a new suit of clothes: "Am I getting a good bargain—my money's worth?" Yes, you are getting your money's worth of misery and degradation, without a doubt.

A pure man is a blessing to his family and friends. He is more companionable at home, and his mental attainments make him a better friend and neighbor. They leave their impress indelibly upon his face and reflect the purity of the mind within, even as the contaminating influence of association with coarseness and vulgarity is depicted upon the face of the impure man.

Love in its purest form is ever combined with the sexual instinct, but intercourse without love borders on prostitution. What man in his right mind would patronize a prostitute who had the smallpox, scarlet fever or any of the infectious diseases? Yet for him it would be much better than the disease with which she is almost universally afflicted. He really has a preference for syphilis,



gonorrhea, etc., which cause lifelong misery, rather than smallpox, for instance, because of the psychical effect of the word, and because he has a vague idea, at least, of the nature of the disease. Thus his ignorance of the horrible ravages of these diseases causes him to choose the greater of two evils. If all of the venereal diseases could be transformed into smallpox, it would be a blessing to the race.

And then, the expense connected with the treatment of these diseases is by no means a small item. The treatment usually extends over a long period of time, in many instances taking the best years out of a man's life, and the fees for treating venereal diseases are usually high, oftentimes terminating in failure; and when you consider the time and money spent, to say nothing of the suffering experienced, it is truly an expensive proposition, and no man in his right mind would entertain such a proposition from a business standpoint. If the form of disease be syphilis or a chronic case of gonorrhea, it is a skilful physician who can cure it in three years, and by most doctors these cases are considered incurable, the best they can do being to afford relief. The patient who falls into the hands of a skilled and conscientious physician in the treatment of these diseases is truly fortunate. In the first place, they are hard to cure, and in the second place, they are disagreeable cases to handle, and there is more humbuggery practiced in these diseases than almost any others, and the patient is in a worse condition than he was before the treatment. It is of paramount importance, therefore, that great care should be exercised in the selec-

tion of a physician. Choose first and foremost an honest doctor, who will hesitate about promising a cure at a stated time. Such a doctor will effect a cure where others fail. He will use simpler hygienic methods, and will not overcharge you, whereas the "quack" and humbug promises everything and does nothing except to fill the system full of poisons, charges an exorbitant fee, and when there are no more visible effects of the disease, discharges his patient as cured, when in reality the virus has only been driven farther into the system. The successful physician injects no poisons into the system, but rather assists Nature in her great work instead of placing obstacles in her way.

The full import of allowing venereal patients to ruthlessly disseminate disease is not felt or realized. If it were, they would be as strictly quarantined as scarlet fever or smallpox patients, and would be debarred from marriage or sexual intercourse. This would be a prophylactic step in the right direction, and eventually go a great way toward stamping out the disease. The propagation of the race should be left to the higher class of men—men pure in body and mind. They are the ones who should be the husbands and fathers, the builders of homes, firesides and nations, and share in the sacred responsibilities of procreation.

From a purely selfish standpoint, impurity exceeds all other vices in its noxious and poisonous effects. Of all the varieties of "wild oats" sown, it is the one most abounding in tares and brambles. We do not show as much intelligence in this respect as the wild animals.

When one gets caught in a trap the others will avoid it, but is it so with men? Just the opposite. They are actually warned and told, perhaps, that a certain person has some vile disease; yet he is willing to risk the chances of contracting it. What a pity such men cannot be the only sufferers, but must transmit it to some pure and innocent creature! All records show that the man who indulges in promiscuous sexual intercourse undergoes suffering so great as to overbalance any possible gratification he may experience.

The basis of nearly all unhappy marriages is this very same evil influence. Men become habituated to frequenting houses of prostitution and gratifying their sexual desires in ways apart from the conjugal relation, and finally lose all desire and capability of performing the function with their own wives. Their minds have become so corrupted with sensuality, lewdness and vulgarity that this is the only element which can satisfy their cravings. This is the time that "love flies out at the window." The sacredness of the marriage vow is broken and its beautiful culmination absent. Then come little fault-findings, quarrels and separation, all the result of an improper use of the sexual functions. On the other hand, where there is a sexual affinity between husband and wife, there you will find the happy home. The husband or wife may be lacking in many attributes which would seem desirable to possess, yet they are all in all to each other and life for them is full and complete. But how few of these happy marriages do we find! How easily love takes its departure and finds other abiding places!

Then, on the other hand, the woman may be to blame, and no doubt this is often the case. She may be fond of society, clubs, etc., and not care to spend time and what seems to her as needless worry in raising children. The men are not always to blame, not by any means. This very condition will drive men away from their homes and cause them to seek the society of other women. These women are sexually cold, not caring for intercourse at any time, or think it is a sin—anything to avoid it. And so they drift apart. The husband is doubtless the greatest sufferer in cases like this, for he is repelled by her coldness and longs for that warmth of love and companionship that perhaps another woman can furnish better than his own wife. It is the physician who sees into the domestic life and is in a position to judge correctly of these things. It is not pleasant to contemplate that woman should be the erring one, but it is true, nevertheless, in many cases, though as a rule it is woman's nature to be faithful and trusting. The fact that woman is so often the bread-winner, and leads a more independent life than she formerly did, is no doubt responsible in no small degree for this state of affairs.

Most people are naturally good and are only led into error by environment and other demoralizing influences. A few are naturally bad; never hear the soft voice of Love calling to them; they are moral degenerates and should never be allowed to enter the marriage relation. In the light of modern science, there will no doubt soon be laws debarring degenerates from marrying, and not until the proper precautions are taken against it will



our civilization be based upon a high moral standard. The force of the sexual instinct controls it today, and not until it is controlled and directed along sanitary lines will civilization be advanced to its highest destiny and mankind be able to get the best out of life, not only for his own good but for that of his fellow-man.

### CHAPTER III.

#### WOMAN'S SPHERE AND THE INVASION OF ITS SANCTITY.

Woman plays the role of primary importance in the propagation of the human species. She is the mother, the "matrix" of the entire human race and her tendencies and characteristics are more plainly stamped upon the mental and physical nature of the child than are those of the father. The only part man plays in the phenomena of life is the fertilization of the human egg. The growth of the egg itself is entirely dependent upon the mother. She carries and nourishes it in her womb for nine months, during which time it is partaking of her very being. The very best and choicest elements of her nature are contributing to the growth and development of the little being within her, even at the expense of her own health, not only before birth, but for many months afterwards. The one great force and incentive in Nature is the propagation of species, both in plant and animal life, and all her efforts are in the direction of growth and procreation. Something very unnatural must take place in order to arrest this growth. The sacredness of her function as a mother should win for her at all times and under all

conditions the most profound reverence and respect. Man is by nature chivalrous and deferential to woman, because it would be cowardly to be otherwise. He represents the strength of the human race, and it is his nature to protect the weak. It is only, therefore, when his real nature becomes perverted by ungovernable passions that he transgresses the laws of his nature and becomes cowardly and unmanly.

The leading attributes of a pure and noble woman's nature are gentleness, tenderness, trustfulness and devotion to the object of her love. Every act of her daily life is centered around the beloved object, and the pinnacle of her happiness is reached only when she feels that she is queen of his heart and home. Woman should not be considered the emblem of weakness. The influence exerted in the home by her reign of love is symbolical of the greatest strength and is the foundation in many instances of a man's very success in life. Her influence in the home life is the soil in which the seeds of his manhood and success are sown. If the soil is fertile, the forces of Nature will have full sway and growth and advancement will result. Is not woman, then, an element of strength instead of weakness?

“As unto the bow the cord is,  
 So unto man is woman.  
 Though she bends him, she obeys him;  
 Where he leads her she will follow.  
 Useless each without the other.”

Thus, man represents the physical strength and woman the moral strength of the world. He is symbolical of strength, courage and aggression, and instinctively seeks to protect womankind. What a gross perversion of his whole nature it is, then, when he degrades her, tramples upon her honor and then casts her off as he would a soiled garment! His manhood is debased, from a moral standpoint, below that of the woman whom he dishonors, for there is not a thing so vile as a man who is subservient to his passions. It is the very invasion of these sexual perverts into the sanctity of womanhood which forms the foundation of nearly all vice and crime. Its evil influences extend from sea to sea, leaving a train of moral and physical degradation in its path.

It is not unmanly to be tender, considerate, charitable and gentle. Quite the reverse, for you will find these attributes present in all truly great men. This helps to constitute his greatness. He has bravery, strength, pugnacity and a "front of iron" when the occasion demands, or he can be gentle, compassionate, charitable and sympathetic as occasion requires. It is this breadth of character and adaptability to all conditions in life which essentially constitute a great man. Such a man, in whose face shines purity and truth, hold their mother's sex in reverence and honor and do not degrade her.

Moral force exerts a greater influence over mankind than physical force, and its accomplishment constitutes the triumph of civilization. The love of a pure woman is symbolical of strength, therefore, rather than weakness. Her powers of fortitude and endurance often sur-

pass that of the man and when the storm of adversity comes to the family she is the one who comes to the rescue, and her powers of endurance and fortitude rise supreme in the face of misfortune and calamity. She is not only a source of comfort and strength to her husband, but when the occasion requires, she constitutes herself the bread-winner. In fact, there is no limit to what a true woman will do for a man when she loves him, no sacrifice she will not cheerfully endure for his sake. Then it is that her womanly attributes shine out in all their splendor, and she bravely comes to his rescue, cheering and sustaining him until the crisis is passed. Happy indeed should the woman be who can look back upon this sacred duty of love well performed.

Love is essentially a woman's element, and a clean, pure sexual feeling sacred to her realm is a fundamental law of her nature. Without this, she would not be a womanly woman. Sexual coldness and indifference on the part of the woman is the cause of most unhappy marriages, and many times is the beginning of domestic quarrels and the estrangement of husband and wife, terminating in the divorce court. Every normal woman experiences yearnings toward honorable maternity, which is the culmination of love and the sexual instinct. Everything in nature favors reproduction and if its efforts are not thwarted, contributes to the upbuilding of life in all its forms, and the protection of offspring. The maternal love will sacrifice everything for her child, even though it be a child of shame, and will fight for it as a tigress for her cubs.



Every natural man has a chivalrous feeling for woman and instinctively treats her with deference. What a horrible perversion of his nature it is, then, to see her infamously degraded! Few women would lead a life of shame did not necessity demand that they make a living. In nine cases out of ten she is literally forced to it, and the man who helps her on the downward course is degenerate in character. He has the outward semblance of a man, but the likeness ends there. He may display all the outward acts of gallantry toward the female sex imaginable, yet at heart he is a poltroon. He takes advantage of the fact that she is alone and unprotected in the world to seduce her. Under the guise of interest in her personal welfare, he exerts every possible effort to bring her within his power. His protestations of love are snares for her feet and the trustfulness of her nature leads her onward until it is too late to turn back, and she finds herself wholly within his power, soon to be thrown aside for another victim. Why should men in this age of civilization and enlightenment pursue these infamous practices? Is it possible there is no incentive to them in love unless it be of the cowardly type? Can they only derive satisfaction by dragging in the mire a woman's most priceless treasure? Plunge yourselves into the river of filth and degradation, you who call yourselves men, but spare the name of woman from defilement and yourselves from censure by giving her the high rank in your thoughts and acts to which she is entitled.

The time will come when these sexual perverts and degenerates will not be able to gain entrance into a

clean home. They are unfit for fatherhood and are a menace to our civilization. It is the impure life which makes a man effeminate. They are the ones who squander their sexual forces and sacrifice their manhood at the altar of sensuality. A chaste man is sympathetic and tender of woman and valiant in her protection. No element of effeminacy enters into his nature, but he is strong, self-reliant and chivalrous to women. He never takes advantage of her frailty and weakness, nor seeks as his prey the young and unfortunate girl who chances to drift into a strange city. He would treat her as he would wish his own mother and sisters to be treated were they placed in the same position.

A venereal patient is nearly always low-spirited, discouraged and shamefaced. He has parted with his manliness and feels himself lacking in that purity and cleanliness of body and mind which he formerly had, and even though the disease is conquered by a skilful physician, the mental impression remains.

If he is an illegitimate father, shirking the responsibilities of fatherhood, he feels himself a coward, and it becomes stamped upon his attitude and bearing. But think of the irreparable wrong done to the poor victim! Society will forever point the finger of scorn at her and she can never live it down, but it is ever ready to receive with open arms the cowardly degrader of her honor. It demands chastity in women, but impurity is a necessity for men. It is woman's nature to love and be loved and she is often too ready to yield to its influence. "Love is the history of woman's life; it is an episode in man's."

Then there are the houses of prostitution where innocent girls are bought and sold, lured with the promises of a life of ease and luxury. For such work as this, it is demanded that they must be young, attractive and docile. They enter the doors of these places, many of them never to return. They are forced into this life of shame until they would not leave it if they could.

Human history can only record the struggles which are constantly taking place in nearly all the walks of life. It cannot even faintly picture the wreck and ruin which social impurity has caused from the beginning, and will continue to cause. It cannot restore misspent years in a man's life, nor bind up the breaking heart of woman.

Rightly guided and controlled, the sexual instinct leads to the fullest enjoyment of life. It leads men to found homes and place in them the women whom they love and honor. It brings children to gladden those homes, and purity and virtue are their priceless heritage. Alas, how few ever experience love in its perfection! It is a word too often used as a convenient and alluring word to obtain the gratification of a moment. Few women can overcome a shock to real love. Even though they are strong enough to conceal it from the casual observer, yet its influence still remains. Woman loves a man more for association with him, and for the attributes of mind and heart. She loves to be near him, to exchange confidences with him and to feel and know that he sympathizes with her. This association is an assurance and strength to her and means far more to her than the sexual embrace. A sensual love cannot remain constant. It seeks gratifi-

cation from any source which affords the greatest degree of satisfaction.

Woman is unaggressive, though love is her very life. Her modesty forbids her to make any advances to the object of her devotion, even though it may be a necessity to her. She will suffer in silence rather than sacrifice her womanly grace or good breeding. Her confiding nature places absolute trust in a man when he has once gained her love.

Woman's true sphere is in the home under the support and protection of her husband and in the full enjoyment of his confidence and love and the joys of maternity. When thrown out into the world upon her own resources she is always at a disadvantage. However capable she may be and however well she may perform her work, she never obtains as high remuneration for performing the same class of work as a man does, even though she may do it better than he. She is in more need of consideration than her more fortunate sister, yet, there are snares constantly being laid for her feet.

The general condition of woman, however, is improving with her higher education. The reason women have occupied the subservient position, which they have for ages, is because they do not use the intelligence with which they are endowed. Could we expect our bodies or our muscles to develop if we never used them? With a few exceptions, the brain of woman is rusting out. She allows men to think and act for her until she is unable to do so for herself. All that is necessary for her to do is to use the gray matter which Nature has given her and she

will then be ready to take her place in the world wherever she may be called,—whether it is in the home or out in the world. She will make a better living for herself and command greater respect if she is destined to face the world alone, and she will make a better wife and mother. The counsel of women even today has no small influence on the affairs of state and of the nation. The quicker perception and keen intuition are often the guiding influence which controls legislation. It will take a strong effort on her part to shake off the bondage in which she has lain so long, but she is making rapid strides in this direction and with the advent of woman's suffrage she will be placed on a footing where she can demonstrate her capabilities. This condition will not only afford opportunities for her own mental development, but the nation at large will profit by it. Women will not be dragged down or degraded, but will exert a powerful influence for good not only in social but in political circles. Our laws will be more just and humane and a higher state of civilization will rapidly develop.



## CHAPTER IV.

### INFLUENCES CAUSING ABNORMAL SEXUAL DESIRE.

Anything which enfeebles the powers of resistance will increase the desire for sexual gratification. Alcohol has a marked influence in this direction and almost invariably leads to licentiousness when indulged in to excess. It confuses the brain and arouses the animal passions within us. Its use medicinally is greatly over-estimated and usually brings about the very condition in the system which it is intended to correct, its reactive influence being to weaken resistance instead of to strengthen.

Immodesty in dress is another important factor which lures men to the more sensuous side of life. Women array themselves for a public ball in gowns displaying their forms indecently. They are lewd, coarse and vulgar. No woman of refinement seeks to display more of her figure than the ordinary dictates of dress require. It incites man to sensuality and lasciviousness, and it is accentuated by bewitching perfumes and seductive music. It is not the purpose of the author to denounce dancing or its devotees, but rather to point out the ways in which men are often allured by its fascinations and the influence

it often exerts upon the mental and physical well-being of men and women. Indeed it would be a hazardous thing to undertake were the author inclined, so popular and universal a pastime has it become. Its patrons, however, do not represent the intellectual side of life. Men of letters, scholars, physicians and students find enjoyment and rest reading a good book. The thinking men of the country find pleasure and recreation in living nearer to Nature and in out-of-door sports. Here they find rest for the tired mind from the strenuous affairs of daily life.

Many enjoy the rhythmic step of the dance with its harmony of sound and motion, greatly enhanced when two people of the opposite sex dance together. In certain conditions in life perhaps a few moments of frivolity would not be a bad thing, but unfortunately humanity is not able to resist its seductive influence. If women would go to the ball-room decently attired and not arrayed in the garb of Mother Eve, its evil effects would be largely overcome. As it is, it is often the beginning of immorality and sensuality. The scanty attire of these women is an invitation to men sexually and they are only too ready to avail themselves of it.

The modern stage is another of the seductive influences placed temptingly before the eyes of men. The educational influences of good, ennobling plays satisfy the lovers of the drama and do not over-stimulate the passions, but the modern stage abounds in the waving petticoats and the glorification of vice and lasciviousness. Modesty and morality find no place in their repertoire. That would be too tame for the chronic theater-goer. The

stage has therefore become the hotbed of impurity, and the actress who maintains a clean reputation is the exception.

The vulgar in art also has an immoral influence upon all who behold it. Nothing more ennobling can exist than the pure representation of a physically perfect type of man or woman where the purity of their hearts and minds are shown forth. True art and Nature cannot be at variance, for it merely transfers to canvas the glories and truths of Nature. This is ennobling and inspiring, but the true artist does not seek to amuse. He has no taste for the suggestive in art and the sight of it is more abhorrent to him than anyone. Civilization is not advanced, but greatly retarded by the display of statuary in suggestive attitudes which can only have a demoralizing effect.

The effect of impure literature upon the minds of the young also exerts a blighting influence. The daily press teems with sensationalism, horrible accidents, stories of "baby farming," etc. All of these things tend to corrupt the mind and lead it into channels profoundly low and degrading and sows the seed which fills the penitentiaries, brothels and the prisons to overflowing. It is extremely distasteful, not to say disgusting, to pick up a paper at the close of a day of strenuous toil, and attempt to find items of interest,—current events that are of interest to the intellectual mind, and find little aside from crimes and casualties.

Abnormal sexual desire is also caused by mechanical irritation in many cases, and often leads to masturbation.

Upon careful examination will be found a too loose or too tight foreskin, causing a constantly irritated condition which accentuates this desire. The modern physician will make an early investigation of these cases and in nine cases out of ten will find the condition mentioned which will be instantly relieved by circumcision. In girls, an adherent clitoris will cause the same condition and they are often censured for forming evil habits which are the result of mechanical irritation.

Thus we have alcohol, the ball-room, the modern stage, the vulgar in art and literature, all tending toward an over-stimulation of the cerebral centers which control the generative functions. A child of ten or eleven years can barter her honor and the seducer is innocent in the eyes of the law. Theaters would not be patronized were they kept within the bounds of decency; the ball-room would lose its charm if it were not for the indecent exposure of arms and breasts. Few would read the papers did they not learn the latest gossip the most revolting murder and the most horrible railroad accidents, all of which weaken our powers of resistance and foster sensuality.

## CHAPTER V.

### INCENTIVE TO PROSTITUTION.

It is pleasant to think that men and women are not naturally vicious and immoral in a general sense, and this thought is borne out by actual investigation. Environment and necessity are the causes of nearly all prostitution today. What woman would choose to sell her body and become an outcast from society? To have her name dragged in the mud and mire of public opinion and become a loathsome object of contempt even to her seducer. Very few enter this life from choice. Women love to be admired. Some love to be thought beautiful in face and form or are especially fond of being considered well dressed. Others like to be admired for intellectual attainments, culture and refinement. All seek admiration in one form or another and love to excel in some particular line. It is only when her nature becomes perverted, when some strong influence is brought to bear upon it, causing her to sacrifice her own feelings, that she consents to a life of degradation. There must be some incentive above the ordinary, and this is found in the lavish remuneration which an attractive young girl receives. But as she loses the freshness of youth she cannot com-



mand the price she formerly did. She soon becomes faded and worn and is rejected for one more attractive. The first glamour of the life with its high remuneration, seems a god-send to her. She had no money, no employment, except, perhaps, a poorly paid position in the stifling air of some factory with long hours, at which she could barely eke out an existence. She must make a change or starve. The first step in her downward course is not taken after careful thought and premeditation, but she is approached by the man with pretenses of love, and by his lying devices lures her little by little into this life of shame. Hers is a steady downward course. In any other calling or profession in life, there is a gradual rise, and the early years of a business career are poorly paid, increasing as greater proficiency is reached. Not so with the life of the prostitute. She grows less and less desirable, and usually receives the highest price for the sale of her body at the very outset of her career.

And what are the consequences to the man who has influenced her to this life. He suffers only in his purse or from some disease. If he has been lionized in society, he is still treated with the same respect. He occupies the same pew at church and travels the same road he has always traveled along with the rest of God's annointed. He goes right on betraying and ruining innocent girls, spreading disease and contaminating all who come in his path. Not a shadow of blame ever rests upon him, even though his habits may be known. He is wealthy and influential. The clubs and societies could not be supported without him; the minister would be but poorly paid if

he were to be ostracised. However degraded a girl may become, she practically never enters a life of prostitution if she belongs to the wealthier class. Think, then, what these poor, degraded creatures must suffer! Think what they sacrifice in entering upon this life! They are entitled, at least, to the profoundest sympathy and the broadest charity, if not to a crown of honor for their martyrdom and self-sacrifice. For have they not sacrificed the greatest treasure known to pure womanhood?

Some men argue in favor of prostitution; that it is a necessity and should be recognized as such. Would those men place their own daughters there? If not, why place someone else's daughters who are, perhaps, just as good, just as pure. Why uphold and sanction the degradation of womanhood as long as it does not enter your own household?

It is easy for one in comfortable circumstances to criticize the fallen woman and wonder how she can yield to temptation, but put yourself in her place for one day only, and then ask yourself the question why these things are done. We can never tell how strong we will be until we are placed in the same position ourselves; then and then only are we competent to judge. It is safe to say, then, that practically no normal woman would seek this life. We come in contact with various abnormalities which are no doubt largely responsible in leading a woman to adopt it from choice. These conditions, though anatomical, still have an intimate relation with the mental processes, and careful investigation has demonstrated that

anomalies are more frequent among prostitutes than any other class of women.

★ There is a pathological condition known as Satyriasis in man and Nymphomania in woman in which there is an irresistible impulse to seek sexual gratification. These cases usually end in the insane asylum. A woman with Nymphomania seeks any means to gratify her desires and exercises no moral restraint whatever. She is completely the victim of her intolerable cravings and experiences it in a greater degree than a man suffers with Satyriasis. The disease is said to be caused by a lesion in the brain, therefore removal of the ovaries or clitoris would be of no avail. Many times a person may be suffering from this disease in a modified form, but not pronounced enough to be distinctly classed under this disease. This doubtless, is the cause of what to an ordinary observer may seem to be an abnormal sexual desire, therefore great charity should be exercised in regard to these cases, as the patient may not be wholly responsible for acts committed. Naturally, women do not possess the sensual passion in as great a degree as men, but still they are essentially more sexual. Their enjoyment depends as much upon the love touch and caresses, perhaps more, than on the act itself. It is safe to conclude, then, that women do not enter a life of prostitution from any lustful desire, but because necessity seems to them to demand it. Of course, there are exceptions to these cases, some women having an insatiable desire for finery and personal adornment, which perhaps never has been gratified. They have seen others wearing the things they coveted for

themselves and could not buy from their scanty wages. They do not see the degradation, social annihilation and the many other evils that follow in its train. They only see the life of luxury and ways in which their vanity will be satisfied.

Many girls have within them that daredevil spirit which leads them to do many things on the impulse of the moment, that they regret afterwards. This spirit unrestrained carries them to the brink of this awful pit and they plunge in. Once the first step is taken and there are plenty to help her on her way downward. At first she was doubtless tempted by false protestations of affection on the part of some man. For if a woman thoroughly believes a man loves her, the rest is easy. She puts her trust entirely in him and believes in him; believes she has his real love, for she has not yet learned the meaning which her seducer places upon the word love. She feels it welling up in her own heart and believes it is returned. Imagine a cruelty more wanton and more heartless. Picture, if you can, a state of society more depraved and corrupt than ours is at the present day, which receives, with open arms, her seducer and tramples under foot the girl, who a moment before was as pure as the sunshine. The law cannot touch him if he has plenty of money. It is only the poor man who occasionally becomes convicted. Then what is the remedy for this wholesale seduction? There is none as long as society and the family circle continue to receive in their midst the offenders. Reformation can only come when virtue and honor assert their supremacy over dishonor and profligacy, and

the seducer is forced to occupy the place of the seduced and hide himself from the eyes of the world for very shame. Let him be the object of contempt in place of the girl he has wronged and his self-love would be so deeply injured that he would consider well before making another venture. There is just enough selfishness in mankind to hesitate before taking a step which they feel will react upon themselves. Reform is scarcely possible with existing social conditions. When they are changed and the tide of public sentiment and legislation is brought to bear upon them, reformation will come with a bound.

A few are actually born into the profession and are forced to the life by their mothers, who reap a handsome profit by disposing of their favors. This is not usual, however, as the love of even a fallen woman for her child impels her to shield it from the life she herself has led.

Among the very poor in large cities, several families are often huddled together in one apartment, eating, living and sleeping all in one common room. The children of these parents are taught no barriers between the sexes; they become depraved and licentious like their parents. They are criminals and vagabonds by nature and it is therefore natural for them to grow up into prostitutes. This phase of the question is also the result of social conditions, but the most inhuman and degrading of all, is the wanton traffic in girls. Organized agencies are in existence whose business it is to keep the bawdy houses supplied with attractive girls and women. They resort to any means to lure them into their power. They



even have representatives who are constantly on the watch in our crowded thoroughfares and in the lower strata of society, for victims with which to indulge in this nefarious traffic. As the life of a prostitute is scarcely more than five years, it requires constant diligence to keep the market supplied. The procurer or procuress are always on the watch for girls who are left alone in the world, or who are away from home in a large city unprotected. They are enticed by advertisements in the columns of our daily papers. These elegant looking men and women are often seen at incoming trains, intelligence offices, lodging houses, and even gain entrance into churches and hospitals, plying their trade in any way which may seem at the moment opportune. Their victims must have youth and beauty as this insures popularity with their customers. Everything must have an air of luxury and even the very clothes the girls wear belong to the "madame." As long as they are docile and obedient and remain attractive, they are retained, but if for any reason, they fail to be a source of revenue they are kicked out without ceremony. "The white slave traffic is a curse and disgrace to our civilized land: a black stain upon her honor." We send missionaries to foreign countries to preach the gospel to the heathen. They sacrifice all that is dear to them and imperil their very lives for what they hope to do for the heathen, while right at their very door these things are going on. The poor ignorant heathen are at least not harming anybody else, and if the crying need of our slaves were appreciated and understood it could in a measure be abated. Everything in

Nature cries out against this base practice that draws scores and scores of young women into its vortex to satiate the lust of men. The enormous sum of money expended in the support of these brothel houses would, no doubt, place the poor in our large city in comfortable circumstances, but the money expended is nothing compared to the moral degradation and stain upon the fair name and honor of our people.

All efforts at reform have been in the direction of rescuing fallen women. They do not think of the woman that is to be put in her place. For every woman taken out of a house of prostitution a fresh subject must be supplied. A successful physician treats the cause of the disease and not the symptoms. The cause of this evil rests with men who create a demand for it by patronizing it. It would seem that the almost absolute certainty of a man contracting disease who patronizes these places, would be sufficient to restrain him. If in addition he were to sacrifice his character as a gentleman in the eyes of the public, he would not long continue in these practices. A man with any chivalry in his nature will resent any offense offered to an unprotected woman, especially if she be young and alone in the world, and will do his part in protecting her from harm, as he would have others do for his own daughter or sister.

## CHAPTER VI.

### LEGALIZED PROSTITUTION.

Various attempts have been made to legalize prostitution in the United States and other countries, and while the system is in force in some parts of Europe, it has been found to defeat the plan which it was intended to regulate. Its object was to protect pure women from insult and control the spread of venereal diseases. On the other hand, reports show an increase in the traffic as well as an increase in the spread of disease, thus proving the system a failure and a strong incentive toward increasing the vice. Why not legalize any other crime, such as theft, murder or rape? The advocates of this system claim there are a large number of men who must have their sexual appetites satisfied, and a certain number of women and girls must be sacrificed to satiate their lust and insure them from contracting disease. It is plain to see that the interests of woman are entirely ignored and instead she is offered up as a sacrifice at the feet of vicious men. It has been found that virtuous women and unprotected working girls cannot walk the streets without being accosted in localities where this system is in force. The purpose of the plan is to have harlots

undergo a medical examination at stated intervals, and if found infected they are put into the lazaretto and fresh, healthy women are selected to take their places! How utterly absurd it is that this scheme could in any way protect pure womanhood! It is a stain on the honor of any nation that holds unchastity a necessity for men, and offers up her women at the shrine of his lusts.

In some countries there are localities which are subject to military rule and both soldiers and prostitutes must submit to a medical examination, and, if found diseased, are sent to a hospital until danger of contamination is passed. Of course, this controls the spread of disease somewhat in these particular localities, but at the expense of the outlying districts to which these women flee in order to avoid inspection, thus spreading the disease in localities unprotected by the same system. In order to make the inspection system thorough, both sexes should be examined alike. Even at best, there is great danger of error in diagnosing these cases, as it requires a medical expert in venereal diseases to detect gonorrhea and syphilis, except when they are in the active stage. It is often necessary to make several bacteriological tests to detect the specific germ which causes the disease; therefore the ability to successfully diagnose these cases is not within the scope of the ordinary physician. Then again, at the time of examination a prostitute might be in the incubation stage, during which time none of the symptoms appear, although infection will almost certainly be transmitted. If medical examination did anything to lessen the spread of the venereal

diseases or decrease prostitution in any way, we would sanction it most heartily. But reports do not show that such is the case. Or if by any means whatever this evil might be abolished and thus rid our nation of the awful consequences of its ravages, what a benefaction it would be, not only to the present generation but to posterity! The only feasible method seems to be that venereal diseases be treated the same as contagious fever cases, imprisoning or quarantining all, male and female alike, who are affected with it. This, of course, would necessitate an increased police force, but would doubtless, in a measure at least, relieve the condition now existing. Both sexes are concerned in the prevalence of this vice, but the men are in the majority of about five to one. It is they that furnish the money to make this traffic possible, who spread the contagion from one house of ill-fame to another, and finally infect their own wives, making her life a burden to herself and a menace to her offspring.

There could be no greater protection to criminals of every class than the legalizing of the houses of prostitution, for they are harbors of refuge to all classes seeking the escape of the law. It has been proven where the system has been in force that it is an absolute failure. It demoralizes society, spreads disease, increases prostitution and protects criminals and causes the very condition it seeks to remedy. It has been pronounced inefficient by police officials and scientific men, after a prolonged trial in various places. Nor do we think that an abrupt abolishment of all of the houses of prostitution would be advisable. What is necessary first is the enlightenment of



the people regarding the physiological law to which nature and hygiene conform; *and that no self-respecting man or woman will seek to better their own condition by the downfall of a brother or sister.* In a shipwreck, were a man to trample under foot women and children to save himself, how the papers would teem with his cowardice! Yet they are in a sense pardonable, because they are under the influence of a panic, and scarcely responsible for their acts. But the prostitution of women is deliberately and coolly planned—even legalized in some countries! A certain number of young women are set aside for the purpose of gratifying the lust of coarse and brutal men. Alcohol inflames the mind and renders the man under its influence a dangerous associate; therefore, alcoholic drinks should not be sold in houses of ill-fame; married men and minors should not be allowed there; the "age of consent" should be raised, and soliciting on the streets prohibited. All of these things would tend to lessen the evil and diminish crime. In short, if men would be humane, chivalrous and manly, reverence their women and not degrade them, the world would be infinitely better and they would be better for the effort.

Nor do we think that men are entirely to blame for this condition of affairs. Far from it. Woman holds the key to the situation in her own hands, in a majority of cases. She is just as able to influence this situation for good as she is other important matters over which she has control. If every wife and mother would consider the management of her domestic affairs of primary importance; if she would seek to make the home the most

attractive place in the world to her husband; if she would preside over it with all the womanly grace of which she is capable, it is safe to say she would wield an influence hitherto unfelt, and the majority of the houses of ill-fame would be compelled to close their doors for want of patronage. If the home is pervaded with a spirit of love, harmony and peace, and the husband and father feels that he is entering a place of rest from the cares and worries of business life, that is the place he will come. Here he finds in the conjugal relation all that he requires for his mental and physical well-being. Then why should he go elsewhere? The average man will not. We are all created with natural appetites in their various phases, and these appetites must be satisfied in order to maintain a normal state of health. The sexual appetite takes no insignificant place among them; in short, it is the foundation of the home life, and the woman who looks upon these things from a physiological standpoint is the woman who retains her husband's love and succeeds in making home the most attractive place in the world to him. Men are not bad from choice any more than are women. The refining influences of a well ordered household arouses all the chivalry there is in his nature, and he has a greater respect for womankind because his own wife fulfils his expectations. These duties do not ordinarily consume her entire time, and because of the spirit of harmony and rest in her home life she is better equipped to master subjects of interest to the world at large than she otherwise would be, for "The hand that rocks the cradle rules the world."

## CHAPTER VII.

### THE MYSTERY OF LIFE AND THE CONSEQUENCES OF ABORTION.

While illegitimate sexual indulgence doubtless leads to abortion in no small degree, yet it is safe to say that it is practiced within the home circle to a greater extent than anywhere else. It is needless to say that any interference with the course of Nature is essentially harmful, especially to the mother. As far as health is concerned, man plays an insignificant part in reproduction, the burden of ill-health resulting from the perversion of Nature's laws falling entirely on the woman.

Reproduction—e. g., the generation of new individuals—is a most wonderful and mysterious phenomenon. Although science has arrived at a fair degree of accuracy as to the physiological changes taking place in the process, yet how these changes take place, and a proper appreciation of its wondrous mysteries, is not at present generally understood. Those of us who have had the privilege of studying biology, botany and zoology, also human anatomy and embryology, have had our souls stirred to the very foundations at the wonders of life, and wise men will ever continue to wonder at the provisions of Nature

for the propagation of her species. Microscopy has enabled us to note the marvelous evolution of a single cell after becoming fertilized by the male element, or "spermatozoon," and to mark the changes which take place during each succeeding month within the mother's womb. The growth of the child and youth is of the same nature as the growth of the earliest embryo.

Various anomalies exist among the vertebrate animals, in some instances the two sexes being represented in one individual, though the absolute union of the two sexes in one individual, or a true hermaphrodite, is not possible. However, all animal life in its earlier stages shows the characteristics of both sexes, the sex not being determined until the third month of gestation.

The subject of life and reproduction is an extremely broad one, and the author can only hope to impress upon the mind of his reader the most salient points in this interesting phenomenon, in order to better demonstrate the harmful effects of abortion.

For reproduction it is necessary that there be a blending of the male and female elements of opposite sexes. The male element is called the spermatozoon; the female element, the ovum or egg, it being the function of the former to fertilize or impregnate the latter. When this takes place, the fusion of the two elements forms the embryo. The semen is a secretion of the testicles, the prostate and Cowper's glands, also some of the accessory generative glands. It is a thick, albuminous fluid, and is ejaculated from the male generative organs during copulation. It serves as a vehicle or carrier for the male fer-

tilizing element, the spermatozoa. In a single drop of semen there are many thousands of these little sperm-cells, only one of which is concerned in the impregnation of the female egg. In plant life, the male element is the pollen, which is carried by the breeze to the female cells. These are called "wind-bearing" plants, and the combination of the elements of the two sexes is just as necessary in plant as in animal life. These pollen-grains are carried about in clouds, thus showing how lavish Nature is in her provision for the propagation of her species.

Each spermatozoon has been likened to a tadpole in appearance. It consists of a head, a body and a tail. The latter executes peculiar vibratile or lashing movements which drive the head forward in opposition to the flow of the female secretions, and to the force of gravity. It is propelled in much the same manner as a fish is propelled through the water by the movements of its tail and fins. It has been estimated that by virtue of this inherent motility, a spermatozoon deposited in the vagina of the female will reach the uterus in three hours. Their vitality is, perhaps, the most wonderful thing in Nature. These little cells have been found alive in men eighty hours after execution. All other tissues in the body perish immediately, but the spermatazoa seem to have an independent life, and remain active long after the rest of the tissues in the body are dead. When deposited in their natural soil, the female generative organs, they retain life and activity upwards of eight days. Everything in Nature favors reproduction, and she has elaborated no other fluid which can compare with the semen



in vitality and importance. The spermatozoa are a product of the testicles, being formed there by specialized cells, after which they are deposited in the semen, which carries them along in the same manner as blood-cells are carried by the liquid portion of the blood.

The testicles are two oval bodies suspended in the scrotum by the spermatic cords. They are composed of many very fine tubules called "semeniferous tubules," which contain the semen. These all empty into one larger tubule called the "epididymus," which, when straightened out, measures twenty feet in length. This tubule is folded upon itself many times and is attached to the upper end of the testicle and again empties into a larger tubule, which is no longer convoluted, called the "vas deferens," which conveys the semen to two storehouses on the base of the bladder, the vesiculæ seminales," there to remain until they are stimulated sufficiently to cause them to eject their contents into the ejaculatory ducts, which convey it to the urethra. In the seminal vesicles the semen is diluted by a fluid of thinner consistency which is secreted there, thus adding motility to the spermatozoa. An erroneous idea obtains among many that a woman is barren for several days midway between the menstrual periods, but as a matter of fact, there is no time during the thirty years of her sexual life when she cannot become pregnant.

The essential factor in the distinction of sex is the generation of spermatozoa by the male, and ova by the female, and reproduction can occur only when these two elements become blended. The act of copulation is

the normal way, but it is by no means essential, as artificial impregnation has often been accomplished. Women hitherto sterile have become pregnant by the injection of semen into the genitalia.

In most fishes impregnation occurs externally to the body of the female. The "spawn" are deposited in the water by the female, the "milt" by the male, leaving the fusion of these two elements to chance. In fish culture, the milt and spawn are stripped from the bodies of the male and female fish and mixed together in a jar of water, when later great quantities of fish are hatched.

Each menstrual period of a woman is a miniature labor, during which there is usually only one ripened egg, or ovum, thrown off from the ovary. This passes into the Fallopian tube, and there meets the spermatozoon of the male, the head of which is forced through the outer membrane of the ovum by the lashing movements of its tail, thus resulting in the impregnation of the ovum, or the beginning of a new existence. It is claimed by some authors that this fusion or impregnation may take place in the uterus, but it is the generally accepted belief that it takes place in the Fallopian tubes. After impregnation, the ovum passes down to the uterus, there to remain until the gestation period of nine months has expired. It sometimes becomes embedded in the mucous membrane of the tubes so securely that dislodgment does not occur. The embryo still continues to grow, however, and the condition is called "extra-uterine pregnancy," an operation to remove the embryo being necessary.

The female supplies but one ovum at each menstrual

period, except where twins, triplets, or, in some cases, quadruplets, are born. These ova develop in the ovary of the female, and as they ripen they approach the surface of the ovary, are thrown off, and pass down to the uterus through the Fallopian tubes.

The female sexual organs consist of the organs of generation, comprising the uterus, Fallopian tubes, ovaries and vagina; the breasts and mammary glands are classed by some authors as belonging to the generative organs, but they are more properly the organs of lactation.

The vagina is a muscular tube or passage connecting the uterus with the outside of the body, and is about four inches long. Its functions are the reception of the male organ in the act of copulation and to serve as a passage for the expulsion of the foetus at maturity.

The uterus, or womb, is a pear-shaped, hollow, muscular organ, communicating below with the vagina by means of the cervical canal, or neck of the womb. Opening into its upper portion, or fundus, are the Fallopian tubes, one on either side. The uterus is lined with a thick mucous membrane, which is shed every twenty-eight days, and passes out at the vagina. This constitutes the menstrual flow. The cavity of the uterus is the resting place for the growth and development of the impregnated egg or ovum, which it retains, under normal conditions, for ten lunar months, at which time it completes its period of intra-uterine development.

The Fallopian tubes, or oviducts, are two muscular canals extending outward from the upper part of the

uterus toward the ovaries. At their outer extremities they are provided with little finger-like processes, or fimbriæ, which grasp the ovaries at the point from which the ripe ovum is about to escape, and convey it to the uterus. This is accomplished by means of the ciliated epithelial cells lining the tubes, which execute a wave-like motion, thus creating a current of air in the direction of the uterus. These tubes are larger at the fimbriated end than where they are attached to the uterus, and at the latter point are so small as to barely admit a bristle.

The ovaries are situated one on either side of the pelvic cavity at the extremity of the Fallopian tubes. They correspond to the testicles in the male, as they produce the ovum, or female element, while the testicle produces the spermatozoon, or male element. Each ovary contains over seventy thousand Graafian follicles, or cup-like cavities, in each of which there is an ovum, or egg, which, however, do not begin to ripen until puberty. Only a small number of these ova arrive at maturity. As the ovum develops, it approaches the surface of the ovary, ruptures, and is discharged into the Fallopian tube, and, if unimpregnated by a spermatozoon, passes off with the menstrual flow.

Menstruation occurs periodically every twenty-eight days normally, though the exact time varies in different individuals. The name is taken from the Latin word "mensis," meaning a month. During this phenomenon there is a shedding of the outer layers of mucous membrane lining the uterus, and an ovum is discharged into the uterus. It occurs at stated intervals or cycles during

the thirty years of the sexual life of a woman, beginning usually at about fourteen years, and terminating at the "menopause," at about the forty-fourth or forty-fifth year. Menstruation can, in health, only be interrupted by pregnancy or lactation.

Conception is the endowment with life of the male and female reproductive elements and the formation of the embryo. The beginning of all development is the impregnated ovum, resulting from the fusion of the spermatozoon of the male and the ovum of the female. It is the beginning of a new existence, and springs from a single cell which has all the characteristics of an egg. The ovum is microscopic in size, being  $1/120$  of an inch. One of the largest cells known is the ostrich egg, which corresponds to the human ovum, and yet constitutes a single cell. Birds are known as oviparous animals because their eggs are hatched outside the body. In viviparous animals there is a connection established within the mother by means of the placenta and umbilical cord. The main difference between an egg and the human ovum is the "egg-shell," which is derived from calcareous matter during the passage of the ovum down the Fallopian tube of the bird. Corresponding to this in the human egg, we have the "zona pellucida," which is the outer membrane of the ovum. Nearly all cells are microscopic in size, the eggs of birds being exceptions. The body of man contains countless millions of cells, whose functions vary in the different parts of the body, yet he originated from one single cell or ovum! Thus these cells which compose the human body are modified to perform



the different functions of motion, sensation, etc. We have bone-cells, blood-cells, nerve-cells, fat-cells, cartilage-cells, and in addition we have the cells that are concerned in reproduction, i. e., the spermatozoa and ova. As regards its structure, the ovum is similar to other cells, but physiologically it is vastly different, as this is the only cell which is capable of being developed into an organism if impregnated. From this single cell, all the cells and tissues of the body are developed. Out of the many thousands of spermatozoa that may have found their way up the Fallopian tube, only one is, as a rule, able to penetrate the ovum. They seem almost to display intelligence in their united efforts to reach the ovum, and whoever wins is victor. The vital part of the sperm-cell is its head and body, and when this penetrates the cell, the tail has performed its function, and is cast off. It is, in short, the power or motor force which propels the head and body forward. The head is now buried in the yolk of the egg, having penetrated the zona pellucida, and undergoes various complicated changes which result in the formation and development of a human being. This is the starting point in the history of every individual. What wonderful intelligence Nature seems to display, and how miraculous are her manifestations! Yet this process is repeated so often, and is so thoroughly in accord with the laws of Nature, that it cannot be called a miracle. Comparatively few who are taking an active part in the propagation of the human race are familiar with its great underlying principles, and the laws of Nature which control the origin and development of the

species. It is not only necessary to know these laws, but also to understand the disastrous consequences of their violation. It is an intensely interesting study, aside from its being of vital importance to every mother.

We have found that the earliest beginning of life, then, springs from the impregnated ovum or germ-cell. This germ develops into the next stage, called the embryonic stage, and retains this name for three months, at which time the placental circulation is established, after which time, and until birth, it is called a foetus. After delivery it is called a babe, and this name continues as long as it is dependent upon its mother for nourishment, after which it receives various names, i. e., child, pubescent, adolescent and adult, until with the advances of senile decay it becomes a neuter.

It is not the purpose of this work to give in detail the many complicated changes which the germ-cell undergoes in its division and subdivision to form the countless millions of little cells which compose the human body, but to outline briefly the different changes which take place in the process of development within the mother.

Impregnation usually takes place in the tubes, and as soon as it is accomplished, the uterus undergoes preparatory changes for the reception of the embryo. The mucous membrane is thrown into numerous folds, additional blood is sent here, causing a swelling of the membrane, and at the end of seven or eight days the preparations are completed and it is ready for the reception of the impregnated ovum, which passes down the Fallopian tube and becomes lodged in one of the folds of the

mucous membrane, there to remain until a human being is formed. The embryo is now resting in a cup-like cavity formed by the folds of the mucous membrane, and these folds continue to grow and separate into three layers, until they completely envelop the ovum. There is a special modification of this membrane at a point nearest the ovum which develops into the placenta, through which the blood of the mother passes into the embryo for its growth and nourishment. From the formation of the placenta, it is thenceforth termed a "foetus."

The placenta is the organ of nutrition, respiration and excretion of the foetus. It is composed mainly of arteries and veins which carry pure blood to the foetus and eliminate waste matter. It becomes attached to the wall of the uterus, sends out a process called the umbilical cord, and this cord becomes attached to the navel of the foetus. The cord is composed of two arteries and one vein, and is completely developed at the end of the third month.

The earliest indication of the embryonal form is the neural or spinal canal, in which is formed a rod of nerve tissue, the anterior extremity of which enlarges to form the brain. This is the beginning of the nervous system, which is among the first structures to be formed, and occurs about the thirteenth or fourteenth day. At the end of the second week the heart appears in the form of an empty sac. At this time the embryo is only one-eighteenth of an inch long, and at the beginning of the third week, the heart is beating, and its four chambers are formed at the end of the fourth week. From this time on the growth of the embryo is more active. It

now changes its attitude, and instead of being erect, becomes strongly flexed, so that the two extremities meet or actually overlap. At this time it is about the size of a pigeon's egg. The primitive intestine is well formed, the nerve centers and vertebræ are very distinct, and the heart has greatly increased in size and power.

During the second month, the eyes, ears, nose and mouth are formed, and the fingers and toes can be seen. The external sexual organs are also formed at this time, although it is impossible to determine the sex, as in the early stages the two sexes are developed alike. At this time the embryo is from one to one and a half inches in length. At three months, the eyes, ears and fingers are well formed and the sexual organs are sufficiently distinct so that the sex can be determined. At the fourth month the foetus is covered with a soft, downy growth of hair, and the eyes, nostrils and lips are closed, but it can move its limbs freely. At about five months the foetal heart can be distinguished beating against the abdominal wall of the mother, at which time she can usually feel the active movements of the foetus or "quickening." These constitute the actual signs of pregnancy. If delivered at the end of five months it only survives a few hours. At six months they possibly survive if kept in an incubator. At seven months, the child is capable of surviving, though not as liable to do so as it is if delivered at "term." The idea that obtains among many people that a seven months child is more liable to survive than an eight months child, is erroneous, and contrary to all the laws of Nature. At the end of eight months the foetus is

about fifteen inches long, and averages about five pounds; at nine months it averages nineteen to twenty-two inches long and seven pounds in weight. At the end of pregnancy i. e., ten lunar months, its body is plump, the nails are hard, the hair on the head about half an inch long, and it usually cries lustily at birth, which is the first appearance of air within the lungs. About twenty minutes after the delivery of the child, the membranes, which have burst to free the foetus, pass away with the placenta and umbilical cord, all of which combined, constitute the "after-birth."

The changes which take place, when it is dependent upon the mother for life, can, of course, only be observed in woman in case of an occasional accident, but our information has been obtained from the study of comparative embryology in different animals. The time of coitus is noted, and then animals are killed at the different stages to establish the certainty as to the exact time these various changes take place. No human ovum has ever been seen during the first week of development, the earliest one of which there is a record, being one taken from the womb of a woman who committed suicide, presumably thirteen days after impregnation. The changes which take place after birth, are no less remarkable than the intra-uterine changes, for at birth the child is not by any means developed. It has merely arrived at that stage in development when it can continue its growth independently of the mother. Complete development occurs at about the twenty-fifth year, and not



until then are the bony structures of the body fully formed.

It is a most beautiful thing to study the different changes of life from the microscopic changes of conception to the more apparent ones of maturity and old age. The mass of people look upon the early illustrations of the embryo as repulsive and ugly. But it is just as truly beautiful to the physiologist as the maturer development, and takes just as high a place in the evolution of human life. The higher education deals with all the laws of Nature alike. It does not select certain portions as forbidden or uncouth subjects, the discussion of which is immodest. It does not withhold from children a knowledge of the human body and the formation of plant and animal life, which, in a primitive way, they should be taught. These laws should be gradually unfolded to them as their own little bodies grow and as their minds are capable of grasping them. With an education along these lines, the child would enter the age of puberty with an intelligent understanding of the rudiments of Nature's laws, and the result of their violation. Its education would have been begun aright, and the injurious habits often formed at this time would be prevented.

Having formed a fair idea of the evolutionary changes in physical life, we can now proceed more intelligently to discuss the harmful effects of abortion, or the interruption of the course of Nature.

There are various interpretations of the word "abortion," but its meaning from the medical standpoint is the expulsion of a foetus before it is endowed with life,

or "viable," which would necessarily be during the first three months of gestation. "Miscarriage" is the term employed after the third month to the end of the sixth or seventh, and "premature labor" may occur at any time after the child is viable to the end of the full-time pregnancy. A child may or may not be capable of sustaining independent life at the expiration of the seventh month, but as a rule it is viable at any period after the seventh month.

The risks and dangers attendant upon abortion are very great indeed, especially after the first month, the danger increasing as pregnancy progresses. As has been shown above, the uterus undergoes a slow and gradual change for the reception of the foetus and for its delivery at the end of nine months, and when forced to do this work prematurely it is unprepared, and the uterus is unable to contract sufficiently to completely expel the contents. This causes a wide range of disorders, such as subinvolution, displacements of the uterus, leucorrhea, hemorrhages, etc. In fact, a woman very rarely escapes serious consequences. After one abortion has taken place, subsequent ones are more liable to occur, and the diseased condition of the reproductive organs often renders the woman barren for life. It is unfortunate for the race that our stupid legislators have placed upon our statute books a law which provides a penalty of five years in the penitentiary and a fine of \$5,000 for any physician, or other person, giving advice as to how conception may be prevented. There are thousands of women too sick to bear children; thousands of men too diseased to become

fathers, but who, nevertheless, continue to bring into the world weakly, diseased offspring, simply because they know of no means to prevent it. Other countries are more enlightened upon this question than ours. In England, France and Germany, scientific information of this character is freely disseminated, and has done a world of good. In England this is especially true. A little book circulated by Annie Besant, a famous Theosophist, is said to have done more good than any book ever circulated in England. The result of this book has shown that in districts where twelve to fifteen children in a family were the rule, now there are but two or three, and poverty has been well nigh abolished. The sickly, overworked women in the poorer localities have been relieved of the burden of over-production, and the children that come can be taken care of and are not brought up in the gutter. Under present conditions, it is a waste of time to write to a physician asking for means of preventing conception, for as long as this law is upon our statute books, we, as physicians, must abide by it. If you do not like the laws, write to your congressman to have them repealed. This can be done by a concerted action upon the part of outraged womanhood, and therapeutic measures could be employed to regulate the size of a family according to the ability of the parents to care for it. Not every man or woman is fitted to be a father or mother. It is a sacred obligation and should ever be held as such. The consideration of the future welfare and happiness of their children should be a matter of greatest importance to every parent. The home

life should be so regulated as to make it a fit place for their growth and education, and not until there is a proper conception of the duties of parentage will there be an improvement in the situation. The mother is the type of the highest expression of Nature, and her creation crowned the animal kingdom. The millions of humanity who have been sent on this earth to work out our civilization all sprang from one original cell measuring one one hundred and twentieth of an inch in size! The name of "mother" is sacred the world over, and the tie that binds her to her child is usually more intimate and lasting than the affection she feels for the father. The mating of the two sexes is consummated in the sexual act, and the result is the child that binds them together. We owe it as a sacred duty to posterity and to ourselves that greater care should be taken in the propagation of the race; that our children be reared and nurtured in hygienic surroundings, and that the environment of the home life shall be such as to wield a powerful influence for good upon each and every member of the household. The highest function of true manhood is to protect the woman he loves and uphold her during the years in which she is devoting her mind and heart to the rearing of their children. He plays the aggressive part, and his very approach to the woman is a pledge of his guardianship and protection to her.

Abortion as it is commonly practiced is a crime against the infant, the mother, the family circle and society, and unless therapeutically employed, is indefensible.

## CHAPTER VIII.

### GONORRHEA.

Probably more time has been spent in the study of gonorrhea in all its phases than almost any other disease. Long and tedious hours of laboratory work have been directed to the solution of the many problems it presents. The laity in general have but a slight conception of the extreme gravity of the disease, or the extent of the ravages caused by its inoculation into the system.

Gonorrhea is a specific catarrhal inflammation of the mucous membranes, and is caused by a microbe called the "Gonococcus of Neisser," which was discovered in 1879 by Neisser of Breslau. Since the date of this discovery, the diagnosis of the disease is reduced to an absolute certainty, as these micrococci are always present in the pus discharge of gonorrheal patients, but never anywhere else. The infection is nearly always due to impure intercourse, because the disease becomes localized in the sexual organs and is not disseminated through the blood; therefore it is not contracted from drinking cups, etc., as is the case with syphilis. In the male it affects the urethra, and in the female the vagina, urethra and cervix uteri. Or it may spread by extension into the



testicles, seminal vesicles, bladder and prostate in the male; the uterus, Fallopian tubes, ovaries and peritoneum in the female. It is generally considered that a case of "clap" is not a matter of serious consequence, but specialists in venereal diseases have found by years of experience that the consequences are disastrous to the health and happiness of the patient himself, and to his wife and children, should he marry. The germs may lie dormant in the tissues of the genitals for long periods of time, ready to be revived into activity after sexual excesses. It may remain slumbering for years, while the patient may be resting in the thought that a cure has been effected, only to break out into a series of attacks which are but recurrences of the original one. In the male the disease commonly causes a "stricture" of the urethra which leads to complications of the bladder, also kidney disturbances. Or it may result in swollen testicles, causing an inflammatory condition of the epididymus which eventually produces barrenness. Even the mildest cases of gonorrhea are liable to be followed by serious disorders.

But in woman its ravages are simply appalling, owing to the anatomical construction of the sexual organs. In addition to the disorders of bladder and kidney observed in the male, it produces inflammation of the vagina (vaginitis) and uterus, formation of pus in the Fallopian tubes and ovaries, and peritonitis. One or more of these conditions will often bring about a state of chronic invalidism or death.

The organism which causes gonorrhea is not always

controllable by remedies, or if the injection method be used, it is frequently driven farther into the system, causing constitutional infection, gonorrheal rheumatism and other inflammations of joints and tendons, also diseases of the membraneous coverings of the brain and spinal cord, the heart, kidneys and large veins. While as a rule gonorrhea remains localized at the point of infection, yet the probabilities of it becoming systemic are great, and the mistake is often made of regarding this disease as trivial. Instead, it is a curse to mankind. It has been known ever since history began. The literature of the ancient Greeks and Romans makes frequent reference to it. The Bible in various places gives regulations for those infected with "uncleanness" in their "issues," and it is without doubt one of the most frequent diseases with which the physician of modern times has to deal.

Within the past few years great progress has been made in the treatment of this disease and in the enlightenment of the public in regard to its seriousness. This is due to the more complete development of bacteriological science and advancement in microscopy. The great danger lies in considering a case cured when pus is no longer visible. Instead of being cured, it is often latent, and many times ruin is visited upon an innocent woman by a husband who was, perhaps, discharged as cured. So common is this disease among both sexes that it has been estimated that 75 per cent of the women who enter our hospitals today for operations do so as the result of some gonorrheal infection. Ricord, the great Parisian

authority on venereal diseases, claims that eight hundred out of every thousand men in our large cities have at some time in their lives suffered with gonorrhea.

Venereal diseases are those which pertain to sexual love and intercourse, the name being taken from Venus, the Goddess of Love. In the same connection we use the word "Aphrodisiac," which refers to Aphrodite, the Greek patroness of lust. In the regime of venereal diseases are gonorrhea, syphilis and chancroid. Gonorrhea is seldom acquired in any other way than by intercourse, while the others are. Gonorrhea is often confused with urethritis, and while there is a similarity of symptoms, gonorrhea is more virulent and poisonous in its nature, and is often referred to as "specific urethritis," the simple urethritis being a condition resembling the specific form. Gonorrhea does not taint the blood as syphilis does, but is for the most part a local disease; neither is it transmitted to posterity, the only hereditary condition being conjunctivitis in children born of gonorrheal parents. The gonococcus is one of the largest of the vegetable organisms, though very minute. Viewed under the microscope, it has a quick, rotary motion, always appearing in pairs, thence called "diplococci." They are biscuit-shaped, with their flat sides in apposition, and are always in small clusters or clumps. They multiply by division or cleavage, and in a very short time countless thousands are propagated, so that a single gonococcus deposited upon a mucous membrane will in a few hours produce countless numbers of the organism. The first one divides into two; these two produce four, and these

four subdivide into eight, etc. Following their proliferation upon the tissues, a virulent inflammation is produced, and pus is formed and discharged from the affected parts. Diagnosis of a case of gonorrhea is comparatively easy when you have a history of impure intercourse followed by a discharge of pus, and this is absolutely verified if, upon microscopical examination, gonococci are found in the pus discharge.

Gonorrhea, like all infectious diseases, has a period of incubation, advance, persistence, decline and convalescence. The person who elects to acquire this disease has, of necessity, a certain road to travel, from which there is no escape, as it requires five to six weeks to effect a cure under the most favorable conditions. This can only be accomplished by a skilled physician, and when the disease is taken in its incipency, and even then the reactive conditions, such as gonorrheal rheumatism and kindred disorders, nearly always remain. Let us assume, then, that a traveler has voluntarily undertaken this tedious journey of uncertain duration; he must, therefore, climb the mountains, scale the precipices, ford the rivers and cross the deserts with which his journey abounds. In fact, there is very little that is pleasant to contemplate along his pathway. Retreat, however, is impossible, for he must encounter whatever may mark his course. The different stages of the disease are so many mile-stones, all of which must be passed to reach the green fields beyond. The ease or difficulty with which the traveler makes the journey depends upon his constitutional strength, the habits he has formed, his mental control,

the skill of the physician, and the virulence of the attack. The outlook is certainly a dismal one, and the beautiful scenery which has delighted his senses has all disappeared. Perhaps the country beyond this hideous valley which he has entered is beautiful—perhaps not. He does not know. He only knows that if he ever reaches the beauties of Nature with which his native lands abounded, it will be by a superhuman effort. Let us observe him for a time, along the path of his dangerous journey.

He is a fine specimen of robust manhood, well poised and full of life and energy. His first step is to offer himself up at the shrine of Venus. His punishment may be any of the venereal diseases; but let us assume, for instance, that it is gonorrhea. Thenceforth his journey is in common with the coarse, vulgar and dissolute. He has lost confidence in himself and he is shamefaced. The gonococcus is planted either on the lips of the meatus or in the urethra. The first milestone on our traveler's journey is reached. This is the stage of incubation, or the period intervening between the planting of the microbe and the time of its manifestation. This occupies from two to fourteen days, according to the susceptibility of the patient and the duration of the impure intercourse. The usual time, however, is three days. The mucous membrane is a favorable soil for the growth of the gonococci and they develop rapidly and spread up the urethra. At the onset of the disease, the system undergoes a series of mild symptoms, such as rise of temperature, loss of appetite and mental depression, though the disease, generally speaking, is a local one. There is usually



mental anguish caused by a dread of gonorrhea which accentuates the symptoms, also a greatly increased sexual desire with painful erections. Among the early symptoms are a reddening of the lips of the meatus with a tickling sensation at the orifice. This is followed by a sticky exudate which causes an intense burning, increased upon urination. These symptoms last from two to eight days, then the acute stage begins with all the symptoms of inflammation,—heat, pain, redness, swelling, etc. The exudate now changes from a sticky substance to a creamy pus, the redness and swelling extend, —sometimes involve the whole of the penis and the organ becomes extremely painful. The lymph glands in the groins now begin to swell and are painful. At the beginning of the second week the discharge becomes more purulent and pours from the urethra in large drops day and night. The inflammation spreads down the urinary passage, the swelling and pain increase and the general feeling of discomfort is absorbing his attention. The urinary canal, or urethra, is a small passage which serves to convey the semen and urine to the exterior. In health it is about the size of a common lead pencil, though when the walls become swollen, the natural consequence is a narrowing of the passage. Urination is now a matter of extreme agony, the pain being so intense in some instances that a spasmodic contraction of the muscles will stop the flow of urine so that it is necessary to pass a catheter before relief can be obtained. In any event the stream of urine becomes much thinner and is voided

with greater difficulty, in some instances being stained with blood.

The pus discharge is apparently less during the day, on account of the more frequent urinations. During the inflammatory stage, the patient should be kept in bed as much as possible, as moving about is a source of irritation. During the second week the acute stage reaches its climax. The urethra becomes more swollen and inflamed and the pain is reflected to the testicles and perineum, and when the patient sits down, he does so with the greatest care. During the acute stage he is in absolute torture. His temperature increases, his sexual desire is often uncontrollable, so that he often resorts to masturbation or visits some house of prostitution, thus spreading this fearful and loathsome contagion. Now the sexual irritation amounts to a positive agony. The penis becomes distorted, the erections are very pronounced, in some cases lasting hours at a time, and producing a condition known as "chordee," in which the penis is rigid and bent like a bow. There is no relief night or day, though it is more pronounced at night, as it is aggravated by the warmth of the bed. Cold applications at this stage are a source of great relief, yet this relief is only temporary and he awakens in the morning tired, dejected, hollow-eyed, and unfit for the duties of the day. There is sometimes a greenish discharge which becomes more and more profuse.

The foregoing description represents a typical case of gonorrhea of the anterior urethra up to the acute stage. Of course, every case does not run just the same. Con-

ditions are greatly modified by proper treatment, such as hygienic surroundings, rest, diet, etc. Then if it extends to the posterior urethra, the results are much more complicated. At the end of the third week the symptoms will begin to disappear if it has not spread to the posterior urethra. The greenish discharge grows less, becomes more glue-like and sticks everything together that it touches. This is the declining stage and marks the third milestone of our traveler's journey. This stage is apt to be interrupted by relapses if the patient becomes constipated, indulges in alcoholic drinks or catches cold. The severity of the disease is extremely variable. Sometimes there is a little discomfort and the discharge of pus is so slight that it is scarcely noticeable, while in other cases all of the distressing symptoms may be present with the liability of its terminating in gonorrheal rheumatism, conjunctivitis or gonorrheal inflammation of the brain or heart, ending in death.

At various intervals during the progress of the disease, the urine should be tested to determine the presence of gonococci. These usually are seen under the microscope in large numbers when the disease is at its height, but gradually diminish until they disappear entirely. The pus-cells, however, may remain in the urine for years afterward, and during all of this time are liable to spread the disease to anyone with whom he may have intercourse. Here is where the great danger of the disease lies. The physician who is unskilled in treating this class of patients will discharge him as cured at this stage, as there is no outward sign of the disease. But as

a matter of fact he is far from cured, as the microbe is very liable to be lurking in the glands of the urethra. Then again, the infection may have spread to the posterior urethra and all signs of the disease in the anterior canal may have disappeared, only to become more deeply seated. Instead of the pus being discharged through the anterior urethra, it is sent backward into the bladder. This causes an intense burning pain between the testicles and in the perineum and an increased desire to urinate without being able to do so. Or, if he succeeds in voiding a small amount of urine, he experiences no relief. The injection method employed by many physicians often sends the poison into the deeper structures and the patient thinks himself cured, and when later the disease again manifests itself, he is laboring under the impression that it is another attack, when in reality it is the same old condition coming to the surface.

Recovery from this form is very slow and often terminates in stricture, epididymitis and inflammation of the various parts. Stricture may be relieved by an operation in many cases, but inflammation of the epididymus, or epididymitis, causes sterility of the testicle involved, or absolute sterility if both are involved.

The prognosis of a case of gonorrhea depends even more upon the conduct of the patient than upon the skill of the physician. When it is taken into consideration that the sexual appetite in some of these cases is extremely strong and passionate, and the patient has fallen into habits of living and thinking which are a constant drawback to his progress, the outlook is not favorable, and the

wise physician is guarded in his statements as to the chances of recovery. As a rule, they are a very undesirable class of cases. In the first place, they are not willing to aid the physician by living a sanitary and temperate life and seek to throw all of the burden of responsibility upon him. Then they do not obtain medical assistance until the disease has progressed to such a stage as to render a cure very uncertain. Many, too, become discouraged at the length of time required to effect a cure, being either unwilling or unable to stand the expense.

Gonorrhea is a self-limited disease and requires a certain length of time, the same as it requires about six weeks for the building up and repair of a broken bone, however skillful the surgeon may be. In the treatment of gonorrhea, it is important that the patient early understand that his ailment is extremely serious; that the discharge is a virulent poison, and that he cannot exercise too much care in handling his towels, bed linen, and the dressings on the penis. His hands should always be carefully washed after handling these parts so that his eyes may not become contaminated, nor the disease transmitted to others.

Chronic gonorrhea, or gleet, is developed from an acute attack in all cases, and among the factors which convert an acute attack into a chronic gonorrhea may be mentioned the following:

(a) Indiscretions on the part of the patient in diet, over-exercise, drinking and sexual indulgence when he thinks himself cured. The discharge having ceased from the anterior urethra, the patient, as well as the physician,



often labors under the delusion that a cure has been effected, when as a matter of fact, the discharge is pouring into the bladder instead of out at the meatus.

(b) When the declining stage of an acute attack is obstinate and does not yield readily to treatment, the inflammation becomes localized in the bulbous, membranous or prostatic portions of the urethra.

(c) A series of rapidly recurring relapses tends to implant the gonococci more firmly into the system, resulting in an extensive damage to the tissues, which later produces cicatricial tissue, then stricture.

It therefore follows, that men frequently suffer from chronic gonorrhea without being aware of it, on account of the absence of a discharge, which is the only symptom by which many are able to recognize it. The symptoms in some cases show a frequent desire to urinate attended with a sharp pain. There is also a decided uneasiness in the perineum, testicles or rectum. In other cases, the sexual organs are disturbed. During intercourse there will be premature emissions without the orgasm and a loss of sexual power. Many times there will be emissions during the act of defecation or urination. This condition would undoubtedly bring about impotence and sterility. As the nerve center which controls the sexual functions is in the spinal cord, paralysis or hyperesthesia of certain muscles is not an infrequent outcome. In all disturbances of the sexual organs in the male, the tendency is for the patient to become depressed and gloomy. If he is impotent, he feels himself only half a man. He often imagines himself impotent even if he is not, and

this imagination is apt to produce the very condition he fears. In these cases, suggestion is the most powerful remedy that could be applied. Try to impress upon him how much better off he is than many others, and by repeated suggestions restore the confidence of your patient in himself and the battle is more than half won. Then establish the habit of autosuggestion in him, and he has not only the key to this condition in his own hands, but many others. Suggestion is a powerful weapon of self-defense in the hands of him who has learned to wield it.

If the neurasthenic symptoms spread farther, other spinal irritations are manifested, especially in the lumbosacral region. Then we have more pronounced neurasthenic conditions accompanied by neuralgias and paralysias, indigestion and a catarrhal condition of the alimentary canal. By this time the mental depression has become so extreme that it is bordering on mania, and not a few terminate their existence by suicide.

After gonorrhea has once become thoroughly established in the system, only the physician skilled in bacteriology and microscopy is competent to decide when the patient is not a menace to society. The finding of gonococci in a case of chronic gonorrhea, verifies the disease as gonorrhea, but the failure to find them does not by any means demonstrate that gonorrhea is not present, as the germ may have become lodged in the crypts and follicles of the glands, and appear at the surface only upon irritation. Therefore, the plan adopted by some physicians of artificial irritation is a safe one. For inst-

ance, an irritating injection is thrown into the urethra. This causes the gonococci to become dislodged from their hiding places if they are in the tissues and sets up a simple urethritis with suppuration. Then if the pus discharge is found upon examination to contain no gonococci, the patient may marry. If, however, they are found to be present, he should under no circumstances marry until they cannot be made to reappear. Then having stood this test and having been pronounced free from gonorrhea has a cure been effected? Not by any means. The scar tissue which has formed as a result of the inflammatory condition of the tissues nearly always results in stricture, or a narrowing of the urinary passage. Therefore, for several months after the patient has been pronounced free from gonorrhea, he should present himself frequently to his physician for the passage of "sounds" in order that the calibre of the urethra may not become narrowed. Strictures may develop, according to some authors, many years after a cure has been effected. If a man is in the prime of life, his tissues resist disease, but when he begins to go down-hill, the tissues which possess the least resistive power are the ones to suffer. So, if in his youth a man has suffered from a severe attack of gonorrhea, his declining years may mark the appearance of a stricture in the tissues which have heretofore been the seat of inflammation. This is a natural law and applies in other diseases as well as in gonorrhea. In fact, it has been stated by scientific experts that tissues which have once been the seat of a profound disturbance, **never** fully recuperate; that there is a weakened resistance

which always remains, rendering these tissues always liable to future morbid processes.

We have, then, in the male as the sequelae to gonorrhea, inflammation of the various surrounding parts, e. g., the prostate gland, seminal vesicles, penis, prepuce, etc., and last but not least, stricture and epididymitis. The two latter being the most common complications.

And so we would ask the young man who is starting out in life, and who, perchance, has followed with us the course of this dread disease and marked its ravages, —was it worth the while?

STRICTURE.—Stricture is, doubtless, the most important of the morbid processes resulting from gonorrhoea. It is characterized by a narrowing of the urinary canal, and may be caused by a contraction of the muscular fibres which compose the walls of the urethra; by a fibrous out-growth and thickening of the urethral walls reducing the calibre; by the formation of scar-tissue which contracts and draws the walls partially or wholly together, thus obstructing the passage of urine or semen, or by irritating injections used in an attempt to abort gonorrhoea. The natural consequence would be a retention of urine in the system, or the establishment of false canals, or fistulae, should the canal become entirely impervious. These fistulae always burrow in the direction of least resistance and may find an exit in different portions of the penis, scrotum or abdomen, according to the resistive powers of the tissues.

Stricture occurs only in the anterior urethra, or the bulbous portion, though inflammation resulting from this

lesion may spread to the membranous and prostatic portions, extending in many cases to the neck of the bladder. During the period these fistulae are being formed, there being no opening through which the urine can escape, it must of necessity find its way back into the system, the result of which would be uremic poisoning. Of course where the canal is only partially closed, the greater part is excreted through the natural passage, but it is voided with such extreme difficulty that more or less finds its way back into the system, causing mild forms of uremic poisoning, dropsy, rheumatism, etc. It usually requires several years for the development of a stricture, and when once established, the urethra is never again in perfect order. It must be kept open with "sounds" for years, and in many cases, for life.

It is much the same with stricture as with other diseases, i. e., if arrested in its incipency it is more easily controlled than if allowed to take care of itself. In its earlier stages it is soft and yielding, becoming more fibrous in character as the condition progresses, until finally a firm mass of dense scar-tissue is formed. This tissue is inelastic and hard, and bears no resemblance whatever to the original and normal structure. It may remain in the soft state for years if the patient is temperate in his habits and moderate in sexual indulgence; however, it always has a tendency to become fibrous and to contract.

The first symptom of stricture might easily exist without being observed by the patient. It consists of a mucopurulent discharge from the meatus at intervals through



the day and morning. Then the stream of urine becomes smaller in volume, or it may be voided in separate jets or streams. After it is farther advanced there will be an almost constant escape of urine, owing to the tissues having become inelastic, thus preventing the natural recoil of the structures. In other words, the urethra becomes a rigid tube which remains more or less open at all times.

It usually becomes more and more difficult to expel the urine, and the act is accompanied with tenesmus. The flow will frequently stop entirely before the bladder has been emptied. Then comes the alarming symptom of retention of urine, which has a vast army of complications in its train, the very life of the patient being threatened.

The opposite extreme is "incontinence of urine" in which the patient is unable to retain his urine. This is caused by a condition previously mentioned, i. e., rigidity of the passage owing to a fibrous outgrowth of tissue; also to paralysis of the sphincter muscle at the neck of the bladder and the compressor urethrae muscles, their function being to keep the urethra closed until by a voluntary effort on the part of the individual, it opens. This is a most offensive condition, the patient always having a urinous odor. The bladder never being entirely emptied of urine, it becomes foul and causes inflammatory conditions in both bladder and kidneys, in fact along the entire urinary tract.

Obstruction of the canal also causes extravasation of decomposed urine into the tissues, which causes necrosis

and gangrene of all the tissues with which it comes in contact, also blood poisoning and abscesses. There is also grave danger of uremic convulsions and death if relief is not promptly obtained. Inflammation of the prostate gland often develops as a result of stricture. The enlarged prostate presses upon the urethra, sometimes completely closing it. If pus is developed, abscess of the prostate results, and pouches filled with stagnant and putrid urine are formed. As these sacs become more distended, the walls become thinner and thinner, until finally they rupture into the abdominal cavity, causing peritonitis and death.

The main cause of stricture is chronic gonorrhea which has lasted for a long time. It matters not if it was a mild attack, as the length of time it has lasted, is a more potent factor in its etiology than its severity. Stricture may also result from syphilis and masturbation, caused from an inflammation of the mucous membrane of the urethra. The main point to remember in its causation, therefore, is, that a very mild case of clap is liable to cause a stricture unless thoroughly and promptly treated, and that the duration of the attack has a more powerful influence in the formation of a stricture than the severity of the acute stage. Another point which is frequently overlooked is, that strictures develop very slowly. A young man, for instance, has been effectively cured, let us say, of an attack of gonorrhea. He congratulates himself upon his escape, then dismisses it from his mind as an episode of the past. A number of years later he begins to notice a little difficulty in voiding urine. It be-

comes more and more pronounced, but this condition is never for a moment associated in his mind with the attack of gonorrhea of former years, and he never for a moment thinks that it can be the outcome, yet it is even so. If, then, some of these danger points may come under the observation of only a few who can apply it with benefit to themselves, the author will consider that his work has not been entirely in vain.

EPIDIDYMITIS.—Perhaps the most frequent of all the complications of gonorrhea is epididymitis, or inflammation of the epididymitis, or the convoluted tubule attached to the upper portion of each testicle. Associated closely with this condition is orchitis, or inflammation of the testicle itself, though it is not nearly as common as epididymitis. Both affections, however, cause a swelling of the testicles, but in reality the epididymitis is more often at fault than the testicles.

Perhaps a short anatomical review of these parts will not be out of place in this connection, so that the reader may grasp the significance of some of the terms which must be used in dealing with this subject.

The scrotum is the pendulous bag in which the testicles are suspended by the spermatic cord. There are numerous semen-producing glands within the testicles and many ducts or tubules which convey it on its onward course, all of which are of vital importance in procreation. The semen and spermatozoa are manufactured in the testicles by these glands, after which it is conveyed to the epididymis, a long, convoluted tubule folded upon itself many times, and attached to the upper part of the testicle.

In its various convolutions it forms two bodies, called the globus major and globus minor. The epididymis, if straightened out, would measure twenty feet in length. After leaving the epididymis, the semen is poured into the vas deferens, a large tubule and no longer convoluted, which carries it to the seminal vesicles, thence into the ejaculatory ducts and into the urethra. Thus we can see how an obstruction in one of these minute ducts would prevent the onward flow of semen and cause sterility. It will also be easily understood how a gonorrheal affection of the anterior urethra may extend to the posterior portion, thence backward to the bladder, seminal vesicles, vas deferens, epididymis and testicles. The epididymis seems to be the part especially marked out for the ravages of gonococci, causing an intense irritation of this delicate tubule, which results in inflammation with all its phenomena, e. g., pain, heat, redness and swelling. Then comes the outgrowth of fibrous tissue resulting from the inflammation, causing a knotted or lumpy condition, which can be easily felt by palpation. This constitutes a positive obstruction to the flow of semen, and if the same condition exists in both epididymes, then the patient has lost the power of reproduction and is henceforth a neuter. Owing to the minuteness and extreme delicacy of these little tubules, there is no hope of a cure.

As epididymitis is a complication of posterior urethritis, it naturally does not develop at once, and not usually until several weeks after the acute stage. There are instances, however, where no symptoms are seen for

several years. The usual symptom at the onset is a very severe pain in the testicle involved, followed by fever, chills, constipation and a general systemic reaction. The patient soon seeks a recumbent posture, as the pendulous weight of the testicles in the scrotum is unbearable. In some cases the inflammation affects the vas deferens, and not infrequently it extends to the inner lining of the scrotum (*tunica vaginalis*), causing a serous effusion, called "hydrocele." It is then necessary to resort to the operation of "tapping" to remove the excess of fluid. These changes usually occupy a period of five to ten days, modified, of course, by efficient treatment.

If the seminiferous tubules become thoroughly sealed, the affected side is sterile, while if both sides are involved, complete sterility is the result. Intercourse may be as thoroughly enjoyable as ever and will be accompanied by a discharge of semen, yet the spermatozoa, or life-producing element, will be absent. If the vas deferens has been the seat of inflammation, it can be traced as a firm, dense cord, and the epididymis itself will be knotted or lumpy, and permanently sealed by scar-tissue.

**CHRONIC HYDROCELE.**—One of the reactive influences of epididymitis is chronic hydrocele. This is an extremely distressing condition, as the sufferer is subject to frequent attacks of neuralgic pains in the testicles which are often agonizing in intensity. His nights are sleepless, he becomes nervous and excitable, dyspeptic, emaciated and profoundly depressed in spirits. All men especially prize the integrity of their sexual organs and any damage to



them reduces him to the depths of despair. This is such a strong characteristic of the male sex that even if the condition is imaginary, he will dwell upon it until his whole system is depleted and neurasthenic.

**PROSTATITIS.**—Prostatitis, or inflammation of the prostate gland, is a rather common reaction of gonorrhea, though not as common as the two previously discussed. This gland is located around the neck of the bladder at the beginning of the urethra, which it completely surrounds. It is composed of three lobes, one on either side of the urethra, and one in the center, and is pierced by three ducts, the urethra perforating it above, and an ejaculatory duct on each side. This organ is intimately connected with the sympathetic nervous system, and is correspondingly sensitive. The anatomical location of this gland renders it susceptible to the invasion of gonococci from the anterior urethra. Prostatitis may also result from external injury, riding on an improper saddle, or the virus from gonorrhea may be carried by “sounds” or a catheter introduced into the passage to the prostate.

The initial symptoms are a dull pain and sensation of weight in the perineum and a frequent desire to urinate. There is also a sensation of fullness in the rectum and the patient makes frequent attempts to void urine and fæces without success, and the acts are accompanied by tenesmus of both bladder and rectum. This is caused by the enlarged prostate pressing upon the neck of the bladder and rectum, and in some cases both of these avenues of excretion will be entirely blocked, making it necessary to employ the catheter and colonic flushings. These

conditions may be aggravated by an intense sexual excitability, accompanied by erections and pollutions. The seat of sexual desire in the male is the *veru montanum*, a rounded eminence situated on the floor of the prostatic portion of the urethra, and when it becomes irritated or inflamed the sexual desire is stimulated.

This is a very painful and distressing affection and if the patient is not restrained from venereal excesses the prognosis is very serious, as the retention of poisoned *fæces* and urine is an inevitable outcome. Abscess formation is also liable to take place, and if not operated upon at the proper time, fistulae are established where pus and urine find an outlet.

The damage to the urinary tract in this disease is permanent, especially if there has been an abscess formation, when the prostate gland becomes a mass of indurated scar-tissue. Circumcision in all venereal diseases should be early advised, as a loose foreskin affords a hiding place for germs and smegma.

THE EFFECTS OF VENEREAL DISEASES UPON THE FEMALE GENERATIVE ORGANS.—From the foregoing pages something of an idea can be formed as to the effects of venereal diseases upon the male generative organs, but these can in no way be compared with its results upon the female organs of reproduction. They are not only more complex from an anatomical standpoint, but they are far less accessible than those of the male, and these diseases are often well advanced before marked symptoms present themselves. After puberty nearly all women have at least a slight discharge from the genitals, usually of a

leucorrheal nature, and little attention is paid to a slight increase which might be the result of catching cold. Thus the disease may find its way up the vagina, and into the uterus, tubes and ovaries before the patient is aware of its presence. When it becomes once seated in the tubes and ovaries, irreparable damage and life-long suffering is the inevitable result.

From the observations of Ricord, of Paris, eight hundred out of every thousand men in large cities have had gonorrhea, and in spite of their apparent recovery it remains latent in their systems in most cases for life. It has also been estimated that ninety per cent of women who marry these men suffer from some form of gonorrhea, and latent gonorrhea in the female manifests itself in the form of ovaritis (inflammation of the ovaries), endometritis (inflammation of the lining of the uterus), perimetritis (inflammation of the tissue surrounding the uterus) and a vast number of other inflammations. This, as is easily seen, is the cause of many cases of sterility in women. It would not do for a physician to call this gonorrhea. It is usually called by another name which sounds more in keeping, perhaps, with their position in life. If she has contracted it innocently from her husband, she, of course, is not informed of the fact by either the husband or family physician. Previous to the discovery of the gonococcus by Neisser, the prevalence of gonorrhea in women was not appreciated, but the finding of the germ in so-called ovaritis or peritonitis renders the diagnosis positive, and we are able to trace the majority of the diseases of women, such as uterine displacements,

fibroids, cancers, and polypi, to gonorrhea. In addition to not being able to recognize the disease, its ravages in the internal sexual organs were entirely underestimated. As the Fallopian tubes communicate with the abdominal cavity, infection in one is easily communicated to the other. Gonorrhea is also more liable to become chronic in women and lead to destructive changes, and with each recurrence of menstruation there is a renewed activity and further spread of the virus.

Let us suppose, for instance, that a man contracts gonorrhea. He promptly calls upon his physician, who takes his case in hand, no expense or pains being spared to insure a speedy cure. He takes a "vacation" and goes to Hot Springs or some other health resort, where he can thoroughly rest and avail himself of all the sanitary and hygienic conditions needful. After a time, all discharge and evidence of the disease disappear. He returns home, receives the congratulations of his friends upon his healthy, rugged appearance and is discharged by his physician as cured. His absence is a matter of such common occurrence that not much notice is taken of it, in fact, he is rather envied by his associates who, perhaps, do not feel that they can afford a vacation. Time passes on and five or ten years elapse. The young man profited by his experience of former years and has not since contracted gonorrhea and the episode has been almost, if not entirely, forgotten by him. He is a fine specimen of manly vigor, and soon becomes enamored of a pure and healthy woman, whom he marries. It would be hard for the casual observer to tell which was

the most to be congratulated as they depart on their honeymoon, so full of radiant health and life are they. But soon the wife begins to fade, and as it is too early to look for pregnancy, the cause is a source of deep solicitude to her husband and friends. The symptoms grow more grave, pains set in and she can barely perform the simplest duties. Professional advice is sought. The diagnosis of the physician is,—a cyst of the ovary, formation of pus in the Fallopian tubes (salpingitis), or some equally dangerous condition. An operation is advised in order to save her life. Supposing her condition to be double salpingitis, both tubes are therefore removed. If she survives the operation, she is sterile for life. A section of the tube is placed under the microscope and gonococci are shown in large numbers! A few months before, she was a strong, healthy woman, as chaste and pure as the morning; now she is a wreck of her former self, unsexed and physically destroyed. What a dismal, dreary future awaits her! But this is only one case we have just cited,—only one of the many who anticipate their coming wedding with all the joy and exuberance of youth; whose skies are cloudless and whose pathway is strewn with sweet-scented flowers. They contract conditions which alter their lives and characters. They have headaches, backaches, leucorrhea, lassitude, hysteria, and a host of other common ailments which are never associated with gonorrhea by the mass of humanity, but which are, nevertheless, the results of latent gonorrhea contracted either from the husband or lover.

If the disease could be discovered in its inception, a



great deal of suffering would be saved, but the physician seldom sees the earlier stages of the disease, and by the time they fall into his hands they are miserable, suffering wrecks of humanity with scarcely a vestige of their former selves remaining.

The female urethra is more frequently infected than any other part. The period of incubation and symptoms are the same as in the male, the same greenish-yellow discharge of pus and burning sensation upon urinating. The urethra in women is a tube about two and one-half inches long and straight, so that infection is easily conveyed its entire length and into the bladder. This is one of the reasons why gonorrhea is a more serious thing in women than in men, because as soon as it reaches the bladder all of the symptoms are intensified. The frequent urination and the scalding of the tissues upon which it falls is almost unbearable. Then again, from the bladder it rapidly spreads up the ureters and to the kidneys, which means invalidism and death.

The vagina is also a frequent seat of infection, the discharge being the same in character as from the urethra; sometimes being so slight as not to be noticeable, and at others extremely irritating and painful. Gonorrheal vaginitis is, perhaps, the most common of the gonorrheal infections in prostitutes, as it is safe to say that practically all of them contract it sooner or later.

We can scarcely over-estimate the gravity of the results when this infection reaches the internal female sexual organs, as it is almost sure to do unless treatment be prompt and effective. As soon as the tubes, ovaries

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and peritoneum are involved, the case passes from the hands of the physician to the surgeon, who, however skillful he may be, can only remove the diseased organs. If she survives this ordeal, she is often mentally weak and is unsexed for life.

The most prominent reactive influence of gonorrhea is sterility, while the effects of syphilis are to cause abortions. Here again is Nature kindly in protecting future generations from the disease to a very large extent. Wives of gonococci-bearing men may enjoy fairly good health until the first pregnancy, after which they are liable to become sterile. Parturition has a tendency to disseminate the disease throughout the reproductive organs. After this, one child may be born, but scarcely more, and in many cases the exudate that is thrown out causes sterility very early in married life.

The women of France are notably sterile. The commission appointed to study this question reported as follows:

"Twenty-four per cent of all French marriages are marked with complete sterility.

"Twenty per cent more never had more than one child."

In sterile marriages the blame is very apt to be placed upon the wife, while in reality the husband is usually the cause of her sterility or is himself unable to procreate.

**GONORRHEAL RHEUMATISM.**—Gonorrheal rheumatism is a septic infection, and is caused by the germs entering the blood stream and being carried to various parts of

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the body, usually settling in the joints. The knee-joint is the one most commonly involved, then the ankle, hip, wrist-joints, etc. It causes suppuration, and the sticky exudate disposes itself around the ends of the bones and glues them together. This stiffening is called "ankylosis," and if allowed to remain inactive, is liable to become permanently stiffened. The only hope of the patient in these cases, therefore, lies in active and passive movements of the joints to prevent the ends of the bones from coalescing. Drugs are very unsatisfactory, as none have yet been discovered which will act as a true germicide without destroying the tissues.

OPHTHALMIA NEONATORUM.—Another terrible and frequent gonorrheal infection is the inoculation of the eyes of new-born infants during their delivery through the maternal channels. This disease is called "ophthalmia neonatorum." With proper care, however, the infant's eyes may be saved from permanent contamination by the injection of silver nitrate into both eyes immediately after birth. With this means of prevention, which is always accessible, it is a great reproach to the attendant upon obstetrical cases, whether it be a midwife, physician or nurse, if this means is not uniformly employed to save the eyesight of children of gonorrheal parents.

This somewhat lengthy discussion of gonorrhea and its effects upon the male and female sexual organs, has seemed necessary owing to the erroneous idea which prevails that it is of slight consequence. Let us hope, however, that with the progress of modern medical sci-

ence, and the enlightenment of the people in regard to the gravity of the venereal diseases, there will be a corresponding increase in the precautionary measures taken to prevent their inoculation into the system.

## CHAPTER IX.

### CHANCROID.

Until recent years, chancroid and syphilis have been erroneously confused, but as a matter of fact they are distinct and separate diseases, their characteristics being quite opposite.

Chancroid or "soft chancre" is an entirely local affection and is not transmissible to other parts of the body by the blood, neither is it hereditary. It is called "soft chancre" in contradistinction to the hard chancre of syphilis. Pus from the primary lesion may be inoculated into other parts of the body where there is an abrasion, so that unless extreme caution is used, the patient can infect and reinfect himself. This is not the case with syphilis, one attack rendering the patient immune from self-inoculation, as well as from contracting the disease from others. Extreme sanitary precautions should always be used to prevent spread of the disease by means of drinking cups, towels, etc.

Chancroid is invariably produced by inoculation from another chancroid, according to the latest authorities, though it was formerly supposed to have been produced also by habits of uncleanness.



Soft chancre has no period of incubation, but an ulcer may develop in twenty-four hours after the deposit of the organism upon the abraded spot. The primary sore is usually on the head of the penis and on the prepuce. The lesion differs from syphilis, in that it is soft and has sharply defined edges. Syphilis predisposes to chancroids, although, as above stated, they are distinct affections.

In severe cases of chancroid there is extreme erosion of tissue which may cause great deformity, such as destruction of the penis or scrotum, or laying bare of the testicles. These conditions, however, seldom occur except when there is an extreme depletion of the system such as is caused by syphilis, diabetes, tuberculosis, or some equally poisonous condition of the blood.

The most frequent reactive influence of chancroid is bubo, or a glandular swelling. Supposing the lesion to be on the external genitals, the poison is conveyed by the lymphatics to the groins, these being the glands nearest the lesion.

The cause of bubo is, that at the point of the lesion, the bacilli throw out a poisonous substance which acts as a chemical irritant upon the tissues. This is carried by the lymph stream to the nearest glands, inflammation follows as a result of the irritation, and the tissues at this point become indurated. All of this time there is a fierce battle being waged between the leukocytes and the bacilli, and when the inflammatory area breaks down into pus and infiltrates the surrounding tissues, this is an indication that the leukocytes or white blood cells have

been defeated in their efforts to check the progress of the microbes and have been slain in the battle.

In the majority of cases, circumcision is all that is necessary in the treatment of chancroid. Mild cases heal without surgical operation if especial care is exercised in cleanliness of the parts and due attention paid to sanative treatment in the matter of diet, baths and antiseptics.

## CHAPTER X.

### VARICOCELE.

Varicocele is an enlargement of the veins of the scrotum and spermatic cord, or the corresponding veins in the female. Its most frequent occurrence is in the male from about the fifteenth to the twenty-fifth year.

The veins of the cord are especially susceptible to dilatation from the fact that their valves are insufficient, making a very long column of blood to be supported. The left testicle is usually affected because the venous blood on this side empties into the renal vein at right angles instead of passing obliquely into the vena cava as it does on the right side. This causes a partial stasis of the blood in this situation, producing the varicose veins.

The causes which contribute to the development of varicocele are very violent muscular exertion, prolonged standing or walking, sexual excesses, masturbation, inflammation, gonorrhea, tumors in the abdominal cavity and involvement of the lumbar lymphatic glands or kidneys.

The symptoms may be direct or reflex. The direct are as follows: The veins in the affected side are very greatly dilatated and tortuous which can be easily detected upon

palpation. This condition disappears upon lying down, but reappears upon assuming an erect position. The scrotum is dark blue or purple and elongated on the affected side.

The reflex symptoms are pain in the testicles, penis and in the lumbar and hypogastric regions. It is also characterized by mental depression, sexual weakness or impotence, extreme nervousness and inability to concentrate the mind.

It sometimes appears in young men who are subject to prolonged and ungratified sexual excitement, in which event it is usually cured by marriage. In cases of long standing there is, as a rule, marked atrophy of the testicle, caused by the interference in the circulation.

When the reflex symptoms are not pronounced and the nutrition of the part is not interfered with, the treatment consists of a proper regulation of the bowels, avoiding violent muscular exercise and long standing or walking. The daily application of cold douches to the skin over the dilated veins is an effectual palliative treatment, and will be greatly aided by the wearing of a suspensory so as to relieve the testicle of some of its weight.

In the more severe cases an operation is indicated, and if properly performed, its results are generally satisfactory.

## CHAPTER XI.

### ACUTE HYDROCELE.

This condition is usually a sequel to epididymitis, being an extension of inflammation from the epididymis to the serous envelope which lines the interior of the scrotum,—the tunica vaginalis. The inflammatory condition causes this membrane to pour out a serous effusion which greatly distends the affected compartment and results in an edematous swelling of the entire scrotum.

Hydrocele may also be caused by traumatism, orchitis or irritating injections given with the intention of checking the progress of gonorrhea.

The general constitutional symptoms are, as a rule, slight. The local pain is sometimes very severe because of the extreme tension resulting from pressure of the hydrocele fluid, which will remain there indefinitely before being absorbed unless drawn off by the surgical operation of "tapping." The changes described usually develop in from two to five days, and gradually subside in a few days. The most important diagnostic sign is the translucency of the fluctuating tumor formed in the scrotum, which can be ascertained by applying one end of a tube to the scrotum and looking through the other, while a bright light is placed against the scrotum on the opposite side of the tumor. There are various other methods



of making this examination, but the one outlined above is, perhaps, the most practical and effective.

A complete cure of hydrocele is rare. After the effusion has been aspirated, what little remains or collects afterwards, is absorbed. The patient suffers no pain or inconvenience and thinks himself cured. However, there is almost invariably an induration in the epididymis which may only be about the size of a pea, yet it is sufficient to cause sterility of this testicle. Semen will be ejaculated at copulation, but it will not contain spermatozoa, the essential element for impregnation of the ovum. With each gonorrheal infection there is an increased risk of sterility. The testicles may break down into pus and form an abscess, thus causing a serious deformity, as the scrotum is usually destroyed also. A syphilitic taint in the blood aids a condition of this kind and it attacks the tissues with great intensity. Testicular neuralgia often remains for a long time after an attack of this nature causing insomnia, nervous excitability, and profound depression of spirits. There is no part of a man's anatomy which he prizes as highly as the integrity of his testicles, and any damage to them produces such a depth of depression as to cause a reaction on the entire nervous system.

Chronic hydrocele is usually secondary to diseases of the epididymis, though it may be due to a venous stasis caused by an ill-fitting truss, or in other cases may be caused by irritating loose bodies sometimes found within the sac, which set up the inflammation which gives rise to the abnormal secretion of fluid. Chronic hydrocele may

begin in the acute form, the fluid gradually increasing in quantity, the first indication being an increase in the size of the scrotum. It has been stated that the characteristic effusion of hydrocele begins without any irritating influences, the causes which predispose to its production being the pendant position, lack of vascular tone, tendency to venous congestion by renal or hepatic disturbances, and the approach of middle life, at which time the resistance is weakened.

Symptoms of the chronic type are wanting, except the weight and size of the tumor, which is tense and fluctuating. It begins at the lower portion of the scrotum and grows upward.

The light test should be employed in diagnosis, the same as in the acute form. The differential diagnosis from hernia is quite simple, inasmuch as in hernia there is an impulse on coughing, the tumor hangs down instead of protruding forward, disappears at night and is first noticed in the groin, gradually reaching the scrotum. When the tunic of the hydrocele is thickened or opaque, it is difficult to distinguish it from hæmatocele, otherwise the absence of translucency and the more rapid growth of the swelling will aid in diagnosis. The same conditions render the diagnosis from a tumor almost impossible, although a tumor is much heavier, has a marked dilatation of the vessels of the cord and scrotum and an enlargement of the lumbar and sacral lymphatic glands.

Hydrocele is not dangerous to life, though it predisposes to hernia. In children a spontaneous cure is common; in adults a complete cure is seldom effected.

## CHAPTER XII.

### STRICTURE.

Stricture is, perhaps, the most common complication of gonorrhea. It is caused by the inflammatory processes of gonorrhea in the anterior urethra, that is, the portion which commences just posterior to the peno-scrotal angle and extends forward to the meatus. The posterior urethra, if involved, is secondary to that of the anterior.

A stricture is a diminution in size of the calibre of the urethra and may be (a) soft, (b) semi-fibrous, or (c) densely fibrous. The soft stricture is the first to develop and usually appears in the bulbous portion of the urethra. At this stage the disease may be arrested, but if neglected it soon passes into the semi-fibrous stage. Here, also, it may be arrested with proper treatment, in the absence of which, a new and firmer growth of fibrous tissue is formed, producing an inelastic, gristly, scar-like tissue, which constitutes the most serious variety.

Chronic gonorrhea produces a growth of new cell elements which infiltrate the surrounding tissues, thus reducing the calibre of the urethra and by its inelasticity prevents its natural dilatation. In mild cases of stricture, only the mucous membrane and the tissues immediately

underlying it are involved, while in the severe cases the cicatricial tissue penetrates the body of the penis, where the chord-like masses may be felt. Even a mild case of gonorrhea is followed, for a long time afterwards, by inflammatory processes, causing an outgrowth of unhealthy tissue, which differs from the normal tissue in being extremely inelastic, and may be compared to the sclerotic changes in an artery. The development is very slow and insidious, and may even remain dormant for years and later on become active. This is the cause of the strictures so commonly found in old men.

Strictures seldom develop before the twenty-fifth year, and between that period and the fiftieth year the greatest number of cases are found. They are extremely variable as to extent, according to the period of time which has elapsed since their development, as they grow more and more dense as the disease progresses, and consequently narrow the urinary passage more and more. A stricture may be annular, e. g., completely surround the tube, or it may be in patches which have a tendency to spread along the tissues, and between these patches there may be a portion of the canal which is healthy. Nearly all strictures of long standing completely surround the urethral canal, and from thence travel along the tube.

Gonorrheal patients, even after they have been pronounced cured, should exercise constant care and watchfulness over the urinary apparatus, to see that a stricture is not allowed to develop. When the slightest disturbance manifests itself, seek a good physician at once and have

the disease arrested in its incipency when the most good can be done.

The initial symptom is a gleet discharge of mucus from the meatus in the morning or at various times throughout the day. Then upon close observation it will be noticed that the stream of urine is narrower than usual, and may divide into two or three jets or have a screw-shaped twist. In a long-established stricture there is constant escape of urine in drops so that the unfortunate man must wear a rubber receptacle in which to receive it. This is an extremely disagreeable condition not only to the patient but to all who come near him, as there is a constant urinous odor even if extreme care be exercised.

Sometimes other symptoms appear which, to an unobservant person, might pass unnoticed, e. g., straining to expel the urine, an uneasiness or pain in the perineum and penis, especially in the vicinity of the meatus.

With the advance of the disease the bladder becomes very irritable and the patient is obliged to arise frequently during the night to urinate, the act being accompanied with pain. Oftentimes the very first symptom of a stricture is retention of urine. The exciting cause of this may be exposure to cold, indiscretions in diet or drink, or anything which acts as an irritant to the bladder or urethra, the predisposing cause being chronic gonorrhea.

Then there is the opposite condition, e. g., incontinence of urine, or the inability to retain it. This may occur in a very tight stricture where the canal is much reduced



in calibre, the bladder in this condition never being completely emptied. Incontinence is due to a paralysis of the sphincter muscles, the function of which is to keep the neck of the bladder and the urethra closed until the person voluntarily urinates, as urination is by nature a voluntary act, being converted into an involuntary act by pathological conditions. The urine which is retained in the bladder becomes putrid and foul and causes inflammation of the bladder, which travels up the ureters to the kidneys and causes nephritis and other serious complications of the entire urinary tract.

This putrid urine may also penetrate and infiltrate the surrounding tissues in places where the mucous membrane has become pervious to disease. This is the beginning of an abscess which continues to burrow underneath the skin in the direction of least resistance and forms fistulæ, which eventually discharge their load of pus at some point on the surface. This is a very serious condition and should have immediate surgical aid, as it quickly causes blood poisoning, and necrosis and gangrene of tissues outside of the urinary passage, and becomes systemic. The urine continues to leak at the site of the break in the urethra, and by its decomposition arise the symptoms of uremic poisoning, such as nausea, vomiting, chills, coma and delirium, usually ending in death.

Abscess of the prostate sometimes follows stricture. After the pus forms, there will be a throbbing pain at the neck of the bladder, and the pressure of the enlarged and inflamed prostate upon the urethra will prevent the

free passage of urine. Extreme muscular force is, therefore, required to expel the contents of the bladder, which results in a hypertrophy of its walls. Large pouches form in the mucous membrane of the bladder which become filled with stagnant urine, the walls of the bladder become thinner and thinner from over-distention, and calculi, or stones, become lodged in the little crevices. If this distention is not arrested, the pouches burst and discharge their contents into the abdominal cavity, producing peritonitis and death. Sometimes, however, death occurs from extreme shock.

An important point to remember is, that even the mildest cases of clap are often followed by a stricture unless aborted by effective treatment. Another feature which should especially be borne in mind is, that strictures develop very slowly, and often do not make their appearance until many years after gonorrhea is apparently cured.

## CHAPTER XIII.

### SYPHILIS.

Many theories have been advanced as to the age and origin of syphilis. Perhaps the most authentic work on the subject is that written by Dr. F. Buret, in which he claims that it was known more than five thousand years ago among the Egyptians, Greeks and Romans. He dwells at length upon the horrors of this dread disease, with which nearly every mature person is more or less familiar.

As a matter of history, however, it may be said that syphilis raged as an epidemic in Europe in 1494, about the time of the discovery of the New World and marks a notable event in medical history. It was said to have been introduced into Europe from America by Christopher Columbus, but evidences proving its antiquity are conclusive, and the belief is now thoroughly established that syphilis is as old as man.

The European epidemic occurred at the time of the siege of Naples, when Charles VIII of France invaded Italy to obtain possession of the city of Naples. The disease suddenly attacked the troops that were encamped near Naples with such virulence, that within a few years

it had spread over the greater part of Europe, and subsequently carried to all parts of the world.

At this time, whole families were destroyed or afflicted with loathsome eruptions or frightful deformities, as syphilis is especially malignant when it appears for the first time. Thus the present civilized races do not experience the diseases in its primitive virulence, as its first awful ravages were visited upon their ancestors.

There is a prehistoric spot at Solutre, in the department of Saone et Loire, where the skeleton of a woman was discovered with protuberances upon the tibia, which by Virchow and Parrot were pronounced syphilitic.

It has been proved that syphilis existed in Peru before the Spanish conquest, as traces of congenital syphilitic bone have been found in the skulls of Peruvian infants. According to Jourdanet in his history of syphilis in Mexico before the conquest, Captain Cook was of the opinion that it existed in Oceania.

Five thousand years ago, the Chinese understood syphilis and the venereal diseases better than they have been understood since, up to the time of Ricord. In 1863 Dabry published his "*La Medecine chez les Chinois*," which gives us an insight into the extent of the knowledge possessed by the Chinese at that time. A quotation from Dabry's work is given by Buret as follows:

"It happens sometimes that, several months after the cure of a venereal sore, the individual suffers suddenly from headache, with fever, pains in the bones, and vertigo. A short time afterwards, small copper-red spots appear on the face, which increase gradually. The face

becomes bloated, chiefly the nose; the speech becomes difficult; pain and itching of the throat. . . . These spots change to small purple nodules as large as peas, which discharge a thick and fetid liquid; the body soon becomes covered with spots and nodules of the same nature; mucus flows from the nose; the breath is foul. The nodules, once excoriated, increase in size."

The only evidence obtainable of syphilis among the Egyptians exists in the inscriptions on granite and on papyrus. Egypt was for a long time the center of debauchery, and it is entirely improbable that it should have escaped syphilis. Nothing, however, is authentic regarding its actual existence among the Egyptians, although bones have been found showing evidence of rickets and caries, perforations of the skull with lesions above the nasal bones, all of which bore strong evidence of tertiary syphilis.

Evidence of syphilis among the Hebrews is extremely vague, as biblical times are a matter of legend and history, more or less indefinite. According to Buret, however, the following quotation from the fifth chapter of Proverbs refers to syphilis:

"Remove thy way far from her, and come not nigh the door of her house, lest thou give thine honor unto others, and thy years unto the cruel . . . and thou mourn at last when thy flesh and thy body are consumed." In Leviticus we read that Moses prohibited prostitution, which resulted in the Hebrews going among the Midianite and Moabite girls, where they were initiated into the cult of Baal-Peor. This cult was the worship of a god



whose temples were places of debauchery. The orgies here indulged in caused the plague of Baal-Peor, which was nothing more or less than syphilis. Baal-Peor corresponded to the Priapus of the Greeks and Romans, the Linga of India and the Phallus of the rest of Asia.

Syphilis among the Hindus in 1000 B. C. was extremely prevalent, the cult of Linga affording an ideal means for its propagation. Prominent among Hindu books is an ancient medical work called "Ayurveda," which has been translated into Latin. In this work, mention is made of gonorrhea, alopecia, chancre, cystitis, orchitis, fistula, tumors of the anus, etc., and these, according to Buret, were syphilis. Klein says that the treatment of syphilis with mercury was employed by the Hindus.

The worship of Priapus among the Greeks and Romans corresponds to Baal-Peor among the Hebrews and Linga among the Hindus. Among these people also syphilis undoubtedly existed. It was disseminated by the custom which obtained among virgins, of offering their virginity to the god of Priapus before marriage. The custom also prevailed among maidens who were not virgins, and it is very reasonable to assume that the disease was spread in this way.

Hence, we see that all of the evidence to be obtained shows syphilis to be a disease of antiquity. The debauches and orgies among the ancients were spoken of as fetes in honor of Venus, Bacchus, Baal-Peor, Phallus and Priapus. The diseases contracted during these debauches were extremely difficult to cure, and the victims prayed to their gods for relief.

Syphilis is a highly infectious disease and may be hereditary. Its initial lesion is a local sore or "chancre" which appears at the point of infection. It resembles the eruptive fevers such as smallpox, measles, scarlet fever, etc., in some respects, in that it has a period of incubation, invasion, eruption, persistence, decline and convalescence; also, one attack renders the patient practically immune. There are cases on record, however, where, after a lapse of several years, a second attack has occurred, the same as it does in contagious fevers. Syphilis has a long convalescent period, during which time there is a progressive degeneration of tissue, which causes functional and organic changes resulting in pronounced disorders of every kind.

The initial lesion is the result of inoculation of a specific virus from a syphilitic individual, an infinitely small quantity being sufficient to communicate the disease.

Recent experiments have proven that the organism which causes syphilis is a vegetable bacterium called "spirochaeta."

The awful devastation which this dread disease causes in the system is only beginning to be appreciated by even the more highly educated classes. The fear which has hitherto existed in the minds of the people regarding smallpox would be far more appropriately reverted to syphilis (or "big-pox"), and if the same degree of caution were used against its contraction as is the custom with smallpox, it would greatly aid in the control of the plague. The great trouble is that its hideous loathsomeness is entirely underestimated, and then again, it is especially

common among the vicious, careless and ignorant, and they are free to mingle with the uncontaminated, spreading the contagion among people with a pure history.

A quarantine for syphilitics should be just as rigidly maintained, if not more so, than any other contagious disease. The syphilitic is a positive menace to the community in which he lives, and until the active stage is passed should be kept in strict seclusion.

Syphilis is usually acquired by impure sexual intercourse, though very many cases are acquired innocently. This is possible from an abrasion so slight as not to be noticeable. The virus may even penetrate a mucous membrane on which only the external layer of skin has been interrupted. The secretion from the primary lesion is highly infectious for two or three years, even under careful treatment. Any pustule or pimple which appears upon the face, mouth, lips, anus or external genitals will contaminate any article which it touches and render them unsafe. If one small blood corpuscle, or an exudate from broken-down tissue within the body of a syphilitic should become mixed with sweat, tears, urine or any of the normal secretions, and should be brought in contact with an abrasion on another individual, infection would follow. Very many cases occur where the kisses of a prostitute who has the "mucous patches" of syphilis in her mouth or upon her lips, have produced the characteristic "hard chancre" of syphilis. It has also been imparted by careless physicians in handling their surgical instruments or in failure to properly sterilize them after an operation. A syphilitic man may inoculate

his wife or his innocent babe by a kiss. It is, indeed, a gaunt specter which stalks unseen in our midst, seeking whom it may devour. It lurks in drinking cups, towels, razors, cigars, candy, dental instruments, mouthpieces of telephones and even in the communion cup.

Three distinct stages are characteristic of syphilis, i. e., primary, secondary and tertiary.

*Primary Stage.* At the time of coitus or other contact, virus is deposited at the site where the initial lesion will develop. Then follows the stage of incubation, during which time there is no evidence of the infection. This period is twenty-one days, though it ranges from twenty-one to as high as seventy days. At first a pimple is noticed, which is soft in consistency, but at the end of ten or fourteen days becomes indurated, and the typical "hard chancre" of syphilis is established. The primary stage is terminated at the end of forty to ninety days thereafter, the only inconvenience being the local sore, not marked by any appreciable advance in the disease.

*Secondary Stage.* This is the period of invasion, when the pent-up forces seem to have gathered strength from the period of repose, and suddenly explode and become constitutional. These symptoms are manifested in headache, shooting pains in trunk and extremities, sore throat, falling out of hair (alopecia), eruptions on the skin, mucous patches in mouth or on lips, and enlargement of glands. These changes are all accompanied by neuralgic pains and fever, and are attended with great suffering, although the eruptions are mostly superficial and do not exercise a profound influence upon the general health.

These symptoms constitute the diagnostic features of the disease, which would be rendered obscure by anti-syphilitic treatment; they are, therefore, allowed to completely develop, and the diagnosis is then positive.

*Tertiary Stage.* In this stage the lesions are nearly all found in the deeper parts of the body, and usually develop at the expiration of about two years. The lesions cause caries of the bones, complications of the central nervous system and of the vital organs. The tertiary stage of syphilis corresponds with the period of convalescence in the eruptive fevers, but in syphilis the convalescent stage is prolonged throughout the remainder of life, if unmodified by treatment. The division between these three stages is not usually sharply defined.

The pathological effect of the virus of syphilis is the formation of "granulation tissue" or "proud flesh." The cells which compose the substance of this tissue are proliferative, and as they increase in number they coalesce, forming a mass of new blood vessels and tissue. The growth of granulation tissue is the most active when the disease has become constitutional, i. e., in the secondary and tertiary stages. At this time the tumor is formed which is especially characteristic of syphilis, called "gumma." These gummata attack the vital organs and the central nervous system especially. They destroy the soft palate and leave a revolting deformity; paralyses of the eye and face; caries of bone, and a host of other loathsome conditions. Deaths from syphilis occur frequently, and may be caused by cirrhosis, lesions of the meninges, cerebral gummata, lesions of the spinal cord,



affections of the kidney, larynx and lungs, consumption and extreme anemia. These are only a few of the conditions which the person who exposes himself to syphilis may expect.

Syphilis should never be allowed to run its course, but should be promptly treated so as to avoid the appearance of tertiary lesions, which, if untreated, may develop as late as forty or fifty years. Occasionally the tertiary lesions come on within a few months after infection and the attack is extremely acute. This is called "galloping syphilis," and it usually produces extremely grave complications or death. Tertiary lesions are, as a rule, slow in developing, but they are especially destructive to the deeper tissues, such as blood vessels, bones, viscera, spinal cord, heart, brain, etc.

In the late stage the gummata form, and after a time they ulcerate and necrose, causing cicatrices and sclerosis in the vital tissues. The dangers from loathsome skin affections are exceedingly great. Then sometimes the fauces, tonsils and soft palate will be entirely destroyed, throwing the nasal cavity, pharynx and mouth into one, practically destroying articulate speech. It also attacks the vocal cords and injures the voice according to the extent of the damage. Sometimes it produces a huskiness which remains throughout life, and at others the voice is completely destroyed. In fact, there are no tissues of the body which may not be affected by this disease, and the horrors of malformations, paralyses, blindness and destruction of joints are liable to be visited upon its victim.

THE HEREDITARY INFLUENCE OF SYPHILIS.—Syphilis is essentially a hereditary disease from every point of view. Prenatal infection may occur from either the father or mother or from both. The influence of infection from the father is not as marked as from the mother, as his share in procreation is limited to the impregnation of the ovum. A syphilitic father is liable to transmit infection to his offspring many years after apparent absence of its manifestations, especially if efficient treatment has not been applied.

After the mother has acquired the disease her child may be syphilitic if born before the expiration of six years, or a healthy foetus may become infected if the mother become syphilitic. The effects of syphilis upon the female organs are far more deleterious than upon the male; therefore the influence upon the foetus is greater if transmitted by the mother than if transmitted by the father, as after the formation of the placenta the child is nourished from the blood of the mother. Abortions are very common when the mother is syphilitic.

When syphilis is transmitted from both parents, the child is sure to be infected. Many die before birth, while nearly all die within six months after birth. The longer parents have had syphilis before the birth of offspring, the less liable is the transmission, while within the first year after infection is the most dangerous period in which to convey the disease.

The tendency in gonorrhea is, as we have seen, to cause sterility, while in syphilis is produces repeated abortions.

It was formerly supposed (and even now contended

by some) that a foetus which has been infected by the semen of a syphilitic father cannot contaminate a healthy mother. Recent investigation, however, has established the belief that where there is a lesion or a solution of continuity on the placenta, the infection may be transmitted to the mother. This is the generally accepted theory, and indeed it is quite reasonable to assume that toxins from an infected foetus may be communicated to the mother by means of an abrasion upon the placenta.

When either or both parents are tainted with syphilis, as already stated, repeated abortions are very probable, and at time of delivery the bony framework of the foetus will be softened by the disease. Occasionally children are born alive, but they are usually emaciated and deformed, with a peculiarly "old" expression, and will be absolutely permeated with the virus. Then, again, there may be no syphilitic signs at birth whatever, their appearance not being manifested until the time of second dentition, puberty or maturity.

The lesions which are liable to appear during the lifetime of such a child are similar to those which are characteristic of acquired syphilis. Among them are paralysis, epilepsy, blindness, deafness, hydrocephalus, tuberculosis and all kinds of deformities.

The length of time which should elapse after the initial chancre before a syphilitic should marry is five years. This is supposing he has had effectual treatment and has maintained a steady progress during the entire term. Even then, marriage should be deferred unless a year has elapsed without the appearance of secondary symptoms.

From the standpoint of wisdom and justice to the human race, syphilitics should never marry. Their children are always liable to be afflicted with some incurable lesion, and there can never be a glad and joyous confidence that its effects will not be manifested at some period in their lives.

*mental* } Generally speaking, syphilitics, if they are intelligent, are a despondent, unhappy class of patients. The expression upon their faces is one of utter abandonment of hope and the prospects of a joyless existence. Among the more frivolous there is a "devil-may-care" attitude which shows itself in all their acts, and impels them to selfishly seek all the pleasure obtainable out of life.

Syphilis should never be allowed to run its course, but prompt action should be taken to obtain the advice of the very best specialist in this line of diseases. The mercurial treatment is a very prolific cause of the complications of syphilis, of which locomotor ataxia stands among the most prominent and formidable sequelæ. Therefore seek a physician who does not saturate the system with a poison which frequently produces a lesion impossible to overcome.

Syphilis may be cured in three years if mercury has not been used, and if the proper eliminative and sanative treatment is employed.

## CHAPTER XIV.

### ONANISM.

Onanism is a term applied to all forms of sexual stimulation with the purpose of producing orgasm without coitus. There are various forms of this degrading and demoralizing practice, such as pederasty, bestiality and mutual masturbation, all of which are self-explanatory; but the most common form, and the one to which we will call special attention, is self-pollution, or auto-sexual indulgence.

The causes which predispose to auto-sexual stimulation are often overlooked, and harsh and unjust criticism is passed upon the victim, when in reality there may be an abnormal condition of the genital organs which causes the irritating influence. It is an unnatural thing for children to masturbate before puberty, as up to that time they are neuters and the sexual desire has not matured; therefore, the necessity is great that parents exercise a careful supervision over them, and when indications make their appearance that the child is indulging in this practice, seek a good physician and have an examination made at once. The cause will nearly always be found in a too loose or too tight foreskin in boys or an adherent clitoris



in girls. When the prepuce folds over the head of the penis, the smegma, or a cheese-like material, accumulates beneath it, and sets up an irritation which causes many children to handle their privates.

In illustration of this condition in young girls before the age of puberty, the writer has in mind a case which came under his notice. It was that of a young lady about twenty-four years of age, who had masturbated since she was six years old. She was a nervous wreck and on the verge of insanity. An examination was made, and the physician found an abnormally long and adherent clitoris, with which the slightest contact produced an erection similar to that in the penis of the male. The local irritation caused by this condition explained the cause of the habit formed in this instance, and in a measure exonerated the patient from responsibility. Thus it is never safe to pass a harsh criticism in these cases until the cause is determined. In this case an operation to free the clitoris was performed, and the patient placed on the road to recovery.

This is only one of the many cases which help to fill our insane asylums and cause untold suffering. In this particular instance, the demoralizing influence of many years of self-pollution were ineffaceably stamped upon the mind of this poor young woman. Even though she recover her normal physical health (which is quite improbable), the evil impression of secrecy and shame is not easily effaced.

Among the evil and vicious, this practice is more often the result of influences and environment. The children

of such parents are wholly untaught, and self-restraint and culture are unknown.

The age of puberty marks a very critical time in the life of every child. It is at this time that the sexual life is awakened and sexual desire becomes established as the foundation of future endeavor. It is the time when the passions have full sway over the individual if no self-control is exercised to hold them in abeyance; when lessons learned of vicious playmates are often retained throughout life. It is, therefore, the time when the greatest pains should be taken with the education of the child upon sexual matters.

Teach the child first of plants and flowers, and how their growth and development is similar to animal life. Teach them of the proper care of their bodies and its functions. Instil into their minds the harmful influence of perversions and uncleanness, and in later years they will reverence the parent who has carefully and thoughtfully prepared their minds for the pitfalls which are sure to be encountered sooner or later. Habits of idleness and disobedience, too long repose in bed, spicy foods, etc., predispose children to perversions.

In the adult, masturbation is usually accompanied by vivid mind pictures which tend to stimulate the passions. Then there is the type who finally arrives at a condition where the imagination is so abnormally excited and the psychical excitation so great as to produce the orgasm without local friction. This is called "mental masturbation" and is produced by highly colored mind pictures of lasciviousness.

Onanism is, without doubt, the most hideously demoralizing and degrading practice ever conceived, and its baneful influence upon the mental and moral character of the individual is greater than the most loathsome of diseases. It destroys the normal sexual feelings, causes impotence and renders one incapable of performing the sexual act. It produces an intense nervous shock to the system, inflames the passions and hyper-excites the sexual functions. It destroys the source from which pure love springs, and renders the victim solitary, morose and cowardly. It squanders the semen, the vital element of manhood, perverts the conscience, and weakens the mental strength of the individual and his power of concentration. Its indulgence in early years prevents the development of the sexual instinct and contaminates the source of all ideal sentiments. It blights the unfolding bud of love and beauty and converts it into coarse animal desire, and if the victim reaches maturity, he is wanting in that pure and free impulse which is the attraction between opposite sexes. Finally he loses his desire for the opposite sex entirely and becomes solitary and morose.

It has been stated by some that onanism is no more harmful than intercourse if indulged in only occasionally. From a physical standpoint this may be true, but the mental and moral influence is most degrading, and robs the individual of that vitality and energy which is his greatest charm.

Not all who practice masturbation sink to the lowest depths, however, for there are thousands who indulge in it to some extent. The tendency in all cases is for the

habit to obtain mastery over the individual, and anything whatever which we allow to dominate over us is most harmful.

How often do we hear people say they cannot get along without a certain thing? It may be an article of diet, tea, coffee, or alcoholic drinks. Or it may be some habit formed which they know to be harmful, and yet cannot seem to overcome.

If we would only stop a moment and think what such an admission as this means! It means that we are slaves to the thing we cannot do without. It means that the habit has the mastery and control over our mental and moral character, and that we are no longer capable of doing as we wish. On the contrary, how we admire a person who can say, "There is absolutely no one thing I cannot do without," and whose life bears out this statement. What a freedom and strength of character it gives him! Mental and moral character is a priceless treasure to the possessor, and is a powerful weapon of defense in battling with the world, as we are all liable to be called upon to do, sooner or later.

"Conjugal onanism," or withdrawal immediately after the orgasm, is practiced very extensively within the marriage relation, by people who are entirely innocent of its being followed by harm. It is, however, a form of mutual masturbation, and its effects upon the female generative organs are decidedly harmful, as it causes prolapsus of the uterus and various other disorders. Aside from this, the deposition of semen into the vagina exercises a bene-

ficial influence upon the female organs, especially if the man be a strong, vigorous and healthy one.

No child is free from sensual danger, no matter how pure the blood of its ancestors. Each individual inherits a sexual instinct of its own, and it must be carefully watched and guarded from danger and perversion, and it is only the part of wisdom to recognize that all flesh is susceptible to contamination and evil influences.

However strong an influence heredity has upon the child, it can in no way be compared to that of environment and example. Evil tendencies may nearly always be overcome by directing the child in the right paths and giving them occupations which will create in them healthy minds and sound bodies, as well as teaching them to be useful. The upbuilding of the character of the child is more surely accomplished by repeated suggestion and worthy example than any other way. Suggestion makes an impression of good or evil upon the youthful mind when it is in its most receptive state. If good suggestions are made, the cerebral impression will be good, and vice versa. Show them the right way, ignore their faults as much as possible, and do not hold them up to others in an unfavorable light.

Children are imitators and will just as easily imitate the good as the bad; therefore never do or say anything in their presence which you would not wish them to do or say. They will even go beyond an evil example and fall a prey to influences of depravity.

It does not in the least detract from a child's purity to know the things he should know for his own protection.



On the contrary, it is the most essential part of his education. Children have no definite comprehension of wrong when they first begin to handle their private parts, and later, when their passions become aroused, they do not then know the terrible consequences of self-abuse. Why, then, should they not know and be counseled in these most important matters? The acme of the higher education is to become self-masterful, self-respecting and self-controlled, and this cannot be begun at too early a period in a child's life. SELF-CONTROL IS THE KEY TO ALL MENTAL ATTAINMENT.

No medicinal treatment for the effects of masturbation would ever be required if the proper precautionary measures were adopted. Indeed, they are of secondary importance and of little use unless the practice is discontinued. In boys, circumcision offers a positive cure where the habit is formed from a local irritation caused by a too tight or redundant foreskin. In girls, an operation to free the clitoris is effective. The digestive disturbances, heart difficulty, hyper-excitability of the nervous system, and all the other characteristic symptoms of this vice, will all disappear with the abandonment of the practice.

## CHAPTER XV.

### THE CONSEQUENCES OF IMPURITY.

Self-preservation is admittedly the first law of life, the strongest of all instincts. The second strongest, and following closely in its lead, is the sexual instinct, which is deeply stamped upon every normal individual of both sexes. It is the foundation upon which homes are established, and insures the development of families and the perpetuation of the race. Sexuality is also the foundation of the stimulating impressions of health, beauty and all artificial means of attraction. Around the sexual life as the magnetic center are drawn feelings of admiration, self-esteem, love of approbation, and in fact love in all its forms, a discussion of which would fill volumes without being able to analyze it in all its breadth and beauty.

Properly controlled, sexuality is the instinct which uplifts society and mankind to its highest and noblest possibilities by its purifying influence; but if not properly subjugated, it will drag its victims down to the depths of infamy and bring ruin and suffering upon all who come under its influence.

Ignorance in regard to sexual hygiene and conduct is no longer excusable in the light of the rapid progress of

the higher education and advancement along sanitary and hygienic lines. And with this progress is the recognition that knowledge is the foundation upon which happiness, morality, the stability of the state, and the noble attributes of mind and heart most securely rest.

The opportunities of the physician for gaining an insight into the real situation regarding this great sexual problem are ideal. He is not only the medical adviser but the confidant of his patients. In truth, confidence in your physician in every way is necessary for intelligent and effective service, inasmuch as the bodily health is affected by all troublesome conditions in the conjugal relation. Here is where sexuality towers mountain high above all other difficulties, and is without doubt the most important question which confronts our social life at the present day. The homes wrecked by its devastating influence are impossible, almost, of conception. Probably nine-tenths of the unhappiness and suffering in the world has its origin in the sexual relation.

During a practice of thirty-five years as a specialist in venereal diseases, the writer has had this point illustrated to him very forcibly, and has seen something of the misery and suffering resulting from misspent lives which is often visited upon the innocent.

One instance of great mental and physical suffering caused by gonorrhea is that of a very estimable young lady, with high and beautiful ideals, who became attached to an apparently upright and conscientious young man, whose intellectuality was of a high order. To their friends and to all outward appearances they were an ideal

couple. The man was prosperous, they loved each other devotedly, and apparently had everything to make life worth living. After a short courtship they were married. In a short time the wife noticed that the discharge which she had had since puberty between the menstrual periods, seemed a trifle more than usual and caused a greater local irritation than she had heretofore experienced. However, it was not so pronounced as to create any suspicion in her mind that all was not right, and she accordingly did not seek medical advice. So the days and weeks passed on and the disease was gradually working its way to the internal sexual organs and into the peritoneal tissue; at the same time the outward change was becoming more manifest. The discharge was muco-purulent in character, and the inflammation of the external genitals was pronounced. She then sought medical advice and was informed that she had an acute attack of gonorrhea. The delay in seeking advice had allowed the disease to spread to the uterus, Fallopian tubes, ovaries and peritoneum. Her physical suffering was intense, but perhaps easier to bear than the shock to her nervous system caused by her disappointment in the one in whom she had absolute confidence, and whom she loved devotedly. It was truly pitiful, as she was of a highly sensitive temperament. She rapidly developed a purulent peritonitis, from the agonies of which death soon released her.

Here was a case of a bright, intellectual young woman, with an absolutely pure history, married with all the accompaniments of a perfect wedding celebration, and the brightest prospects of future happiness.

Investigation developed the fact that the husband had been pronounced cured of an acute attack of gonorrhea. The disease had disappeared from the surface, but instead of being cured, it had extended to the deeper tissues, as is so often the case, and was apparently dormant. The free exercise of the sexual functions during the first few months of married life set up an irritation which again brought the disease into evidence, with the result outlined above.

Another case of which the writer had personal knowledge was that of a lady with an idealistic temperament and a great admirer of purity in all its phases, who married a man who seemed to fulfil all the requirements of her loftiest concepts. Both were especially fond of children, and looked forward with eagerness to parental joys, but as the months and years rolled by and no children gladdened their hearts and home, they decided to consult a physician to ascertain the cause. Consequently, the husband came into my office one day, and during the course of conversation mentioned that at one time he had been afflicted with syphilis, but thought himself cured.

The physician whom he had consulted at that time was a skilful one, as no traces of the disease remained, but upon examination of the semen, no spermatozoa were present. This effectually solved the problem of sterility, but disappointment and gloom enshrouded their little home until the husband, at the end of four years, became despondent and died of a broken heart. In the course of a few years the widow became acquainted with a man whom she felt that she could abso-



lutely depend upon. He was so pure in mind and heart that he had reached the age of thirty-five years without sexual intercourse. Here was the very man she had been looking for—the one who could fulfil all her heart's fondest hopes—and so they were married. Her hopes and dreams were soon scattered to the four winds, for he was absolutely impotent as a result of mental masturbation. He felt that intercourse without marriage would be wrong and refrained from mechanical masturbation, but years of practice enabled him to form mind pictures of scenes and incidents which brought on sexual excitement, and the physical influence was such that it produced the orgasm. The mental excitement and shock to the nervous system is so extreme in this form of sexual gratification that the system is unable to stand the strain, and complete sexual debility is the result. It is, without question, the most harmful of sexual indulgences.

Thus homes are constantly being wrecked, hearts are wrung with sorrow, and this physical body, which has been given to us for a short time to care for, is neglected and abused. If we could only see the suffering ahead of us, rather than the pleasure of the moment, much of the ill health and suffering would be prevented. However, we are each arbiters of our own destiny, and must reap the fruits of what we have sown. No one can live our lives for us, and each individual must decide for himself. But after the "wild oats" are all sown and the harvest is ended, we think there is not one who will say it was worth the while.

Our only hope for the future is an education of the

people which will be deep, thorough, and far-reaching in its effects. No superficial wave of enthusiasm can be of avail. It must be a strong, steady, and never-ceasing diligence on the part of those who see and feel its need. It need not be confined to any profession or calling. But each individual should exert his influence in his own particular sphere. If this were done, the foundation would be established for the greatest of all educations and health movements, the minds of the youth would be guided in the right direction, and many of the dangers attendant upon puberty would be overcome. Much has already been done in this direction, and as civilization advances, conditions are bound to improve in this field of work, as in all others. Constant vigilance, however, should be our watchword, that we may seize every opportunity each day to lend our aid in this direction.

## CHAPTER XVI.

### VENEREAL WARTS.

This name is applied to growths upon the genitals and in the genital region, although, strictly speaking, the title is a misnomer. As a rule, however, they are the result of the outpouring of venereal secretions upon a delicate membrane, gonorrheal or syphilitic, although the lesions may spring from uncleanness, warmth and moisture, especially in individuals who have an inherited tendency to papillary and warty growths. They are sometimes found bordering on the vulva of pregnant women, due, evidently, to putrid and irritating discharges.

In the male, they usually spring from the sulcus back of the glans penis, the inner surface and margin of the prepuce, and sometimes in the urethra and in the region of the frænum. They may also appear on any portion of the penis, scrotum, anus, thighs and perineum. In the female, they are usually above the vulva, over the perineum and anus, and sometimes within the vagina.

Pathologically, they are due to hypertrophy of the papillary and mucous layers of the skin, there being also a development of blood-vessels. On mucus surfaces they are moist, but on the skin—i. e., the penis, scrotum or

thigh—they are dry. They are usually multiple, varying in size from a single filiform projection to an aggregation of these protuberances equal in size to a hen's egg, or even larger, and may almost cover the external genitals and the neighboring region in patches. The larger ones are pedunculated, but the individual papillæ are usually rounded, flattened or club-shaped. They sometimes cause phimosis by filling the preputial sac. When on the skin, they are dry and firm, and partake largely of the color of the normal skin. On the mucus surface, they are softer, of a pinkish color, and covered with a purulent mucus with a very offensive odor. The large pedunculated masses form irregular-shaped growths resembling a cauliflower or a cock's comb. Papillary epithelioma may be distinguished from a venereal wart by its indurated base and border of cancerous growth, its slow development and its tendency to form ulcers, also the infrequency with which it appears before the fortieth year.

The cause of venereal warts is nearly always traceable to irritation incident to contact with inflammatory discharges. Therefore, in the uncleanly and in those suffering from gonorrhea, herpes, chancroid, etc., papillary outgrowths are very common. An important predisposing cause is a redundant foreskin. It has never been proven that the discharge from venereal warts is contagious, though condylomata frequently develop as a result.

Venereal warts are comparatively rare after middle life, and if a wart makes its appearance upon the sexual organs of an old person, it should be regarded with suspicion, as malignant growths are common in advanced

age. It may, however, have the characteristic appearance of a venereal wart. A case of this kind should have an early microscopical examination by taking a section of the outgrowth and placing it under a high power lens. Only in this way can a positive opinion be given.

If kept clean and protected from irritation, venereal warts will disappear spontaneously, though the length of time before their disappearance is a matter that cannot be predicted with safety. They sometimes ulcerate, if entirely neglected, and in rare cases form the starting point of cancer.

In the treatment of venereal warts, cleanliness is of primary importance. In many cases, if an antiseptic powder is dusted into the affected parts immediately after a thorough cleansing, the growths will gradually shrivel and disappear. The persistent pedunculated masses should be clipped with the scissors or curette and the base cauterized, then keep perfectly clean and cover with iodoform, and a cure is assured.



## CHAPTER XVII.

### HERPES PROGENITALIS.

This affection is not always of venereal origin, but often follows local irritation or inflammation caused by venereal diseases. A long, tight foreskin or a rheumatic or gouty diathesis are predisposing causes of herpes.

The initial symptoms are little pin-head vesicles with an inflamed base, which may appear on any portion of the genitals and the surrounding skin in both sexes. It is, however, much more common in the male sex, when it is most frequently found upon the inner surface of the prepuce or on the glans penis. In the female, it is usually upon the clitoris, inner surface of the labia majora, and upon the labia minora. The eruption is nearly always preceded by itching, burning or prickling sensations. When situated on the mucous membrane, these vesicles rupture in a few hours, discharging a clear fluid, and, if unirritated, heal in two or three days. If on the integument, they form little crusts, which remain a few days. Cleanliness is essential in order to check the appearance of other groups of vesicles. If the lesions be irritated by coitus or severe treatment, balanitis is very liable to result, accompanied by ulceration.

One attack of this troublesome disease predisposes to others. They often reappear periodically for months or even years. Not infrequently their persistency leads to a syphilitic diagnosis, and the deluded victim is placed under specific treatment for long intervals. To differentiate from beginning chancroid, cleanse the parts and keep them covered with iodoform. Under this treatment, herpetic ulcers will at once begin to improve, and in a few days be entirely healed, while a chancroid would show little change.

Recurrences of herpes may be avoided by improvement of the general health, cleanliness and hygienic living, abstinence from alcohol, tobacco and highly seasoned food. In stubborn cases, the surface of the glans may be hardened by tannic acid, either in powder, or in solution of water and alcohol.

## CHAPTER XVIII.

### HYPOCHONDRIASIS.

Venereal disease, whether real or fancied, is nearly always accompanied by a morbid mental state, closely akin to the hypochondriasis resulting from ignorance and perversions of the physiological functions of the sexual organs. This morbidness may occur in either sex, although it is more frequent in the male than in the female. When the symptoms are severe, they often result in greater distress than the disease itself would occasion.

Among animals, the earliest sexual desire is gratified promiscuously, while the young human male in civilized countries is required by an unwritten law to refrain from sexual indulgence until he is old enough to marry and in position to provide for a family. The time which intervenes between puberty and marriage is a period of great unrest, and is, indeed, a very critical time. A very large proportion of lads practice masturbation from the beginning of their physiological storms until their better judgment is awakened, or until confronted with the characteristic symptoms of the practice, which are defective memory, lost manhood, impotence, general weakness, frequent emissions, etc. He then goes to his physician for

advice, and if the disease is not too far advanced, is able to obtain relief if the treatment is accompanied by the necessary self-restraint.

An occasional emission, however, is not an abnormal condition, and oftentimes men imagine they are impotent when they are not. This fear so works upon their mind that a constant dread of disease takes possession of them. And in this state of mind they attempt to perform the sexual act, and naturally are unable to do so. This confirms their fears and accentuates their mental morbidness. These losses, in a healthy male, correspond physiologically with the menstrual period of woman, and no alarm should be attached to their occurrence, if not too frequent. Losses while straining at stool are often a bugbear to the uninitiated, but this is not by any means a sign of disease. It is, in most cases, prostatic fluid, and not semen. It is expressed by pressure upon the gland caused by straining during an evacuation of the bowels or kidneys. It is a milky fluid, not seminal in character, and is secreted by the prostate gland for the purpose of diluting the semen and thus rendering the spermatozoa more motile. Even if a microscopical examination of the prostatic fluid exuded at stool should reveal spermatozoa, there is no evidence of disease, and it is not to be classed with the functional derangements of the puberal period and its seasons of sexual storm and calm.

Masturbation is admittedly prolific of great physical derangement, though its results are greatly exaggerated, and when a youth is brought to a realization of the nastiness and indecency of the habit, and abandons the prac-

tice, no harm ensues. Its worst results are mental, as it occasions a loss of self-respect, unmanliness and a great dread of the future. The youth should be early informed of the conflict which should be waged between his passions and his higher manhood, from which he should emerge as victor. He may not be wholly unscathed in the efforts of his enemy to vanquish him, but if presented to him in the right way, it will appeal to his better nature, and he will make a brave fight until he conquers.

Impotency is a condition which often puzzles a great many men. They suspect themselves of some weakness, have a great fear of contracting some disease, and under these conditions would normally be unable to perform the sexual act. The only true test is, that when the desire is guided by the strong emotion of love between a man and woman, the sexual act is vigorously and effectively accomplished. Failure to do so under these conditions should cause the individual to consider the reason and endeavor to check it in its incipency, but these cases will be comparatively few.

The medical profession is not exempt from parasites any more than other professions or callings, and it is this class of doctors who are ready to pronounce a man impotent at the first note of alarm. Every healthy man is both potent and impotent. Feelings of disgust, anger, fatigue, etc., will render many men "impotent" in the sense in which that term is generally used. Then there is a class who can commit a rape as often as the opportunity might present itself. These different types represent the different degrees in which the sexual



instinct is dominant in men—not their ability or inability to perform the natural functions when conditions are favorable. Neither is unusual sexual vigor an indication of superb manhood. The greatest sexual energy is exercised at an early period of life, when the mental and intellectual development is immature. When the higher mentality begins to assert itself, the sexual passions are no longer dominant over the individual.

Occasionally patients become terrorstricken over the possibility of acquiring syphilis. This condition is called “syphilophobia,” and, when it extends over a long period, blights the whole life. In these extreme cases, however, it is more than probable that insanity was inherent in the individual, and that fear of venereal disease was the exciting cause.

The treatment of the different forms of hypochondriasis is often simple if a knowledge of the truth is obtainable. This, however, often requires the greatest skill and tact upon the part of the physician, but, when once obtained, it is often sufficient, so that, with encouragement and suggestion, the persistent cloud of dread can be removed. The food should be nutritious and simple, tobacco and alcohol abstained from, there should be a daily evacuation of the bowels, and plenty of good physical exercise taken. These precautions, taken by a young sexual hypochondriac who is amenable to suggestion, should be sufficient to bring about a speedy cure.

## CHAPTER XIX.

### LOVE NECESSARY TO SEXUAL PURITY.

Love is an indication of purity in mind and thought, as is demonstrated continuously in every-day life. The man whose animal passions are in greatest evidence is the one incapable of exercising and feeling the tender sentiment of love. He is a creature of emotion and desire, and the waves of appetite rise higher and higher around him, until he is completely submerged by their onward rush. He knows no restraint, and as one desire after another is gratified instead of being subjugated, fuel is constantly being added to the flames, and at an early age the victim is broken in constitution and health. Life has been an utter disappointment to him, as it is to all whose passions are unbridled, and whose lives are completely under the sway of the senses.

Fortunately, however, the lives into which love has never entered are rare. Nearly every individual loves some one at some time in their lives, be the object worthy or unworthy, and the following exception to this rule is, therefore, an interesting one in this connection, sad though it may be.

The story is that of a man who had never loved. As a small boy at school he was extremely diffident when in the presence of a girl of his own age, and was always attracted to them. It gave him a vague pleasure to converse with them, and he spent all his pocket money in purchasing sweetmeats to win their favor. In early youth, the feeling had a still greater hold upon him. Every young girl he met would set his heart fluttering in an extremely painful way, and in early manhood he gave himself up completely and recklessly to a life of pleasure, and passion held high carnival within him. No curb or restraint was ever put upon his desires, and he approached manhood with a broken constitution and his money all gone, but still continued in his mad career when he could get the means to do so.

At thirty-five, he lay on his death-bed, bankrupt in purse, and a physical and mental wreck. Knowing that he had not another day to live, he begged and pleaded for an opportunity to gratify the awful sexual passion that was raging within him. His struggles to free himself from the doctor and obtain some object—any one, in fact—upon whom to satiate his unquenchable thirst, ended in death, and his physical body, at least, was finally relieved of its horrible and agonizing passion.

And yet he was generous, kind-hearted to a fault, a true friend, and a positive ray of sunshine in disposition. His one great misfortune was that he had never had the purifying influence of a woman's love. He plunged into the waters of desire and could not swim. He had not

studied how to master the waves, and he went down beneath the turbulent waters.

Many worse men than he there are. Let us rather look upon such lives with pity and charity, for if he had that within him to attract love, he would have been loved.

Many cases of wilful contamination are occurring daily. How a man can selfishly and thoughtlessly contaminate a pure woman, when there are plenty in his own condition, and from where he originally obtained it, is a mystery. Yet these cases are very common. It is next to impossible to have a thoroughly developed case of gonorrhea and not be aware of it, unless the party is afflicted with the densest ignorance; but, strange to say, innocence is always the plea of this class. The following incident came under the writer's personal notice:

A young couple were married under the most favorable conditions, and their future looked bright and hopeful. About four months after marriage, the wife complained of aching of the lower limbs, accompanied by a feeling of great depression, and said she felt badly all over. Her menses did not appear at the proper time, but in its place was a profuse yellowish discharge which had a very offensive odor. This ceased upon the appearance of the menses, two weeks later, but reappeared again after the period was over. There was also a burning sensation upon urinating.

The above symptoms represent a typical case of gonorrhea; yet the husband denied that he had the disease, and her history was absolutely pure. His denial could mean only one thing to her, and that was that he had wilfully

and selfishly deceived her. In spite of his protestations of love, hers was turned to loathing; her health was a wreck, and the disappointment she suffered in the one in whom she placed absolute confidence changed the whole tenor of her life. In addition to this, she was a poor woman, and could ill afford to go to the expense of treatment over an extended period; and, even could she do so, the probabilities of a complete cure were extremely indefinite. As far as outward manifestations were concerned, he was a kind and loving husband, yet at heart he showed himself to be absolutely indifferent and selfish.





















